



The Basics

Routinely check to make sure supplies are replenished

Make sure that changes of clothes are complete (shirt, pants, socks and underwear), still fit your child and are seasonally appropriate.

Check the weather report and be prepared.

Clean out your bag often. Crumbs and dirty Kleenex will multiply and stage a coup.

Put each child's extra clothes in a zip top bag or zippered pouch to keep them together.

THE CHECKLIST

1. First aid kit

2. Seasonal

3. Age specific supplies

4. Sustenance

5. Entertainment

1. First aid kit - in a zip top bag or zippered pouch

- Band-aids
- a few 10cm by 10 cm sterile gauze pads
- medical tape
- polysporin
- travel size kleenex
- a couple of napkins or paper towels
- chap-stick
- a safety pin
- a couple of suckers
- kids Benadryl
- a roll of biodegradable dog-doo bags for wet clothes, dirty diapers, vomit... you name it.

2. Seasonal

- **Fall and Spring** – an extra layer (a sweatshirt, vest, or light jacket)
- **Summer** – sunscreen, a sun hat with a wide brim to protect face and ears, bathing suit, towel and swim diapers (if water activities are planned for the day)
- **Winter** – an extra layer (as above), a back up winter hat and water resistant mittens

3. Age Specific Supplies

a) Infants and Toddlers

- Several diapers
- Baby wipes in a small portable reusable container
- Cream and ointment if required
- Waterproof bag if using cloth diapers
- 1 complete change of clothes

b) Potty Training Children

- 1-3 complete changes of clothes (depending on the length of your time away from home)
- Waterproof bag for soiled clothes and underwear
- A diaper for naptime, car ride, or just in case
- Baby wipes in a small portable reusable container

c) Potty Trained Children

- 1 complete change of clothes including socks and underwear
- A diaper for naptime (if required)
- Baby wipes in a small portable reusable container

4. Sustenance

- A water bottle for each child, I swear by [these](#)
- A snack in a resealable container
- Bottles and milk if needed

5. Entertainment - *if you are going out to eat, using public transit, need to wait for an appointment etc.*

- small books or magazines (We love [Chirp](#) and [Hello](#))
- a small notebook and crayons (I like to stash away the mini crayon sets they give the kids at restaurants)
- a couple of small toys (like small [cars](#), [animals](#) or [people](#))