

## Stepping out with your baby

When you take your baby out of the house, you'll want to be prepared for any situation. But don't go overboard and weigh yourself down. Here's what you're likely to need in Baby's diaper bag:

- Extra clothing: Take along a complete change of clothing, including socks.
- Diapers: Plan on packing one diaper for every three hours you're away from home, plus one extra.
- Diaper wipes: Other than dirty diapers, you can also use wipes to clean up before handling your baby.
- A plastic storage bag: Place used diapers and wipes in here.
- A pacifier, if your baby uses one.
- A hat
- A towel or cloth diaper: You'll need something to hold under her chin when you burp her.
- A healthy snack and water for Mom: These two items are especially important if you're breastfeeding. To help maintain your energy, pack one or more of the following: apple, banana, nutrition bar, pretzels, dried fruit, biscuits, panjiri, or fruit juice just in case.

For an overnight stay

In addition to everything listed above, your baby will need:

- Extra outfits: Pack at least two clean outfits for every day you'll be away from home, plus one extra. If you're flying, put at least a day's worth in your carry-on luggage.
- A baby blanket for extra warmth
- Extra booties
- Pajamas

What about the weather?

Check on the forecast before you leave home and you'll be even better prepared for an outing with your baby. Depending on the current weather and the forecast, you may want to pack these items as well:

Extra blanket and heavy hat: Use these to cover your baby's ears if it's cold or windy.