

**Article two: GOING OUT with baby**  
**Organising your Nursing/ Baby bag CHECKLIST**



Every Nursing/Baby Go-Bag is different.  
You may find a few items irrelevant to your needs.  
Edit if you must. Items/brand mentions are "suggestions".

**Nursing/ Baby bag (0-3yo)**

**For the mom:**

- Nursing cover
- nipple cream
- snacks/ lactation goodies
- water bottle
- Receiving blankets
- shawl / infinity scarf
- hand sanitiser / alcohol
- light scented cologne
- extra top
- breast pads (disposable to washable)

**For Baby:**

- Extra clothes (tees and bottoms)
- Bonets
- diapers
- cloth diaper inserts (for cloth diapering mama)
- bottles (bottle feeders plus extra)
- cup (for cup feeding mama)
- snacks
- insect bite balm
- mosquito repellent lotions or patches (deet free)
- mild or organic wipes
- liquid talc
- diaper creme/ ointment

**TIPS:**

- Wear easy clothes and nursing bras for easy access during feeding.
- Continue wearing your binders too!
- You can use your breast milk to help sooth cracked nipples
- Always keep yourself hydrated and eat balance diet to produce more milk.
- Eat lactation goodies to help boost your breastmilk and extra dose of mega-malunggay caps for vitamin C

**EXTRAS:**

- Baby carrier, slings hip seat\*
- wet bags (for the dirty soiled diaper inserts)
- cellphone, charger, cable and powerbank
- wallet
- foldable fans
- keys
- basic meds (biogesic/ pain relievers, antihistamine etc)
- strollers \*
- pillow \*
- Kikay kit

***(\* Means not to be placed inside the bag. But may be included in your checklist.***

If you wish to add useful items or tips for the checklist please let me know!  
email me: iamwallabymommy@gmail.com