

SIMPLESTBABY™

The Diaper Bag & Travel Essential List

Everything you will need to prepare for when you and baby get mobile

The Diaper Bag Essential List

Everything you will need to pack when you and your little one go mobile

THE LIST:

- | | | | | | |
|------------|---|---|--------------------------|---|-----------------------------|
| 2-3 |  | Diapers | 1 |  | Hat for baby |
| 1 |  | Bottle of milk | 2-3 |  | Baby toys |
| 2 |  | Snacks | 1 |  | Pacifier |
| 1 |  | Sippy cup water | 1 |  | Sunscreen |
| 1 |  | Portable changing pad | 1 |  | Blanket |
| 1 |  | Pack of disposable wipes | 1 |  | Emergency information |
| 2-3 |  | Plastic bags | 1 |  | First-aid kit |
| 1 |  | Diaper-rash ointment | 1 |  | Baby Tylenol or ibuprofen |
| 1 |  | Bib burping cloth | 1 |  | Change of shirt & pants |
| 1 |  | Hand sanitizer | 1 |  | Teething ring (if teething) |
| 1 |  | Baby personal care kit
(nail clipper, comb, emery board) | IF BREASTFEEDING: | | |
| 1 |  | Change of clothes for baby | 1 |  | Nursing cover |
| | | | 4 |  | Breast pads |

The Travel Backpack Essential List

Everything you will need to pack when you and your little one go mobile

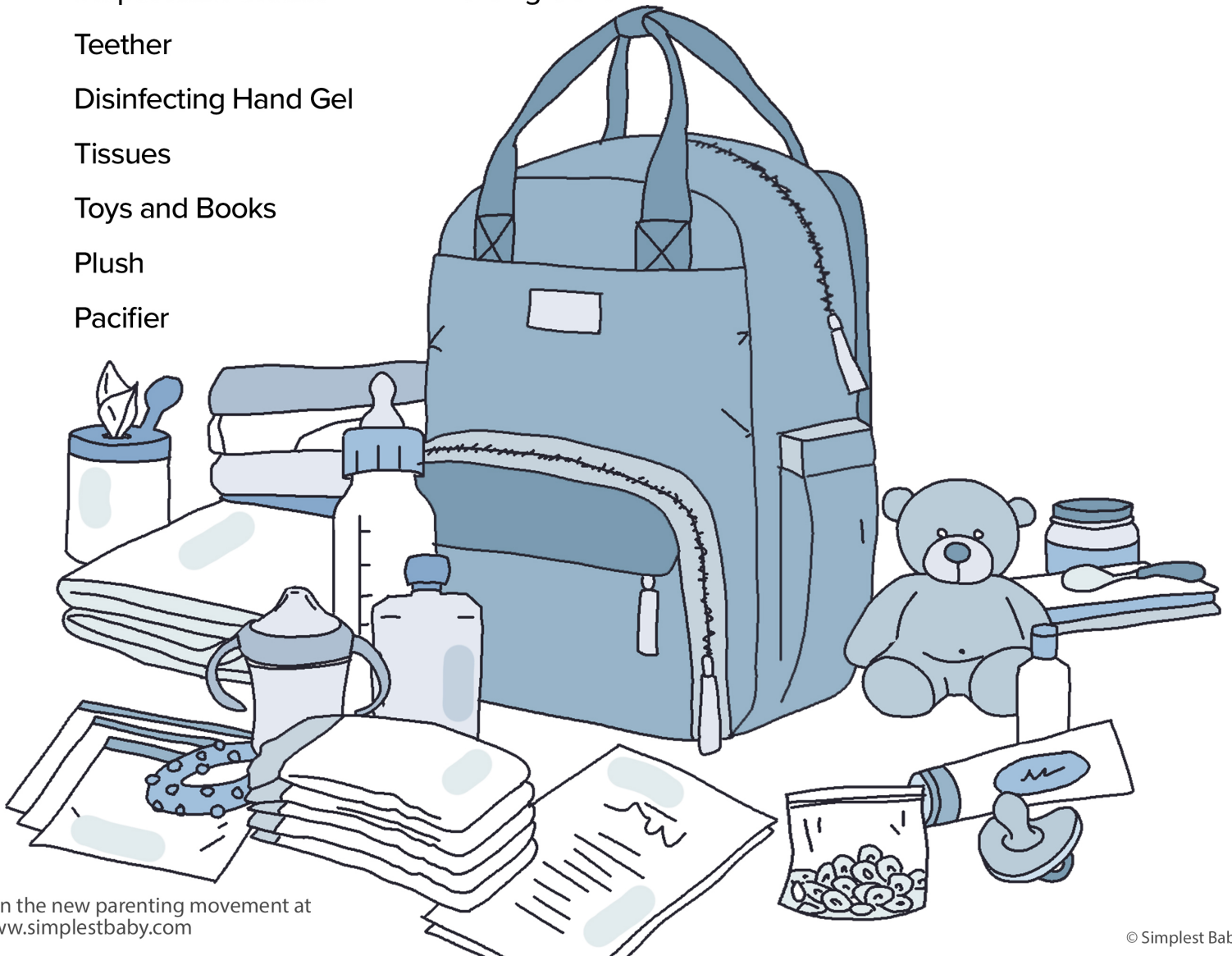
THE LIST:

Diapers
Baby Wipes
Disinfecting Wipes
Changing Pad
Blanket
Plastic Bags
Burp Cloth
Diaper Rash Cream
Teether
Disinfecting Hand Gel
Tissues
Toys and Books
Plush
Pacifier

Change of Clothing for Baby
Change of Clothing for You
Formula
Pain Medicine
Anti-Gas Medicine
Bib
Travel Pillow
Nursing Cover

FOR OLDER BABIES:

iPad (preloaded)
Headphones
Sippy Cup
Lightweight Utensils
Ear Pressure Protector
Snacks



Tips for Eating out with Baby

SURVIVING EATING OUT WITH JUNIOR



Make a Reservation

You don't want to wait in line with a fussy baby



Get the Check Early

Ask for the check while you are still eating.



Dine Early

Early dining will reduce the crowd size and less chance of a meltdown in front of a crowd.



Bring Your Diaper Bag

Have a well stocked diaper bag



Get the Right Table

Choose a table that is close to the exit or one that is far away from lots of people



Wear Them Out

Before you go out, its helpful if the kids are not worked up.



Be Quick About it

Don't linger, your angel can turn into a demon in a heartbeat.



Bring Snacks

Have some snacks or food ready in case you do have to wait for food to be served.



Have a Video Ready

Digital or video content can be a lifesaver



Munch on Bread

A well-timed piece of bread can be a big help in filling the time before the food arrives



Tip Well

Tip your waiter well, especially if the kids made a mess everywhere.



Order Quickly

Place order quickly, even if its only appetizers.



Hey, nice to meet you,

As a new dad, I didn't know much about raising kids and didn't have a strong support group, living far from both our families. I found the information out there-books, websites, blogs, videos, etc.-all too dense, overwhelming, and not simple enough for today's needs.

I did a lot of research through countless conversations with the community of those who know best-moms, dads, nurses, doctors, nannies, etc.-and distilled it to the essentials.

I realized that if I had this challenge, other new parents must too.

I hope this information is valuable in preparing for your little one. If you find this helpful, I invite you to discover the other practical advice, tips and solutions at:

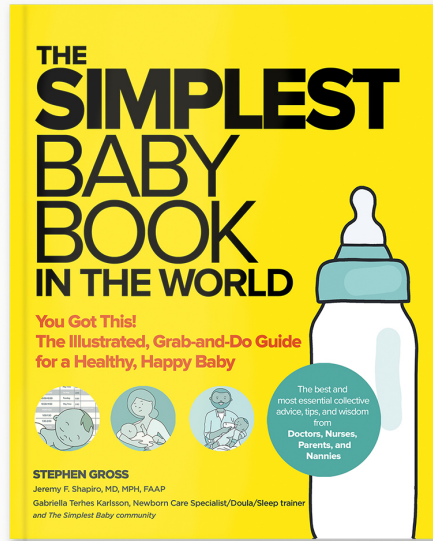
www.simplestbaby.com

Steve



The new must-have parent resource!

Honestly, having a baby can be complex and stressful. *The Simplest Baby Book* makes bringing up baby easier, reduces the stress, and helps you gain the confidence to raise a healthy, happy baby, so you can spend more time enjoying what is one of the most magical experiences of your life.



Order Today

<https://simplestbaby.com/book/>



HIGHLY ILLUSTRATED GUIDE

700+ instructive illustrations make learning faster and easier.



BABY BASICS MADE EASIER

All the first-year baby basics distilled to their essentials make finding solutions to common baby issues quick and simple.



INSTANT KNOW-HOW

Clear explanations and practical steps provide the fundamentals for all key baby-care practices.



THE MUST-HAVE LISTS

Every chapter starts with the essential list of products, providing a handy checklist for everything you will need for preparing the nursery, breastfeeding, bathing, sleeping, feeding, safety, traveling, and more.



BEST OF THE BEST FROM THE EXPERTS

Helpful advice and recommendations from doctors, nurses, and baby-care experts that help make life just a little easier.



DADDY HACKS

Dad's simple work-arounds and shortcuts for everyday baby issues.