

## Little Ones' Luggage

When you need to spend time apart, help your little one have a great day away. Use this list to help make sure she'll have everything she needs while she's with another caregiver. (Make sure you have enough of each item to last for the time you'll be apart.) Try to gather and pack items ahead of time so that saying "see you later" is an easier, less stressful moment.

### To Bring...

Diapers

Wipes

Diaper cream

Formula or breast milk

Meals, snacks, or infant food (if needed)

Bottles (or bowl and spoon)

Bibs

Pacifier

Outerwear (e.g., jacket or stroller blanket/bunting)

Sun protection

A change of clothing

A favorite comfort item

Emergency contact information

Medications (if needed)

Other:

Other:

Other:



**TIP:**  
Check which items your child's caregiver may already have, and ask about any items they don't allow.