



The baby go-bag.

Three days for an infant or toddler, packed so one adult can carry the baby and the other carries everything else.

1 Ready-to-feed formula



- Needs no clean water or mixing
- Three days' worth even if you breastfeed, in case
- Single-serve bottles with nipples if you can

2 Water for the baby



- Bottled water for mixing and for you if nursing
- Nursing parents need more water than anyone
- A few bottles in the bag, a case in the car

3 Diapers and wipes, three days



- About ten diapers a day for a newborn, fewer later
- Two packs of wipes; they clean everything else too
- Bags for the used ones

4 Clothes a size up



- Three changes, one size bigger than today
- Socks, a hat, a sweater: babies lose heat fast
- Repack when they grow

5 Warmth



- A blanket, a swaddle, a foil space blanket
- A sleep sack for the night in an unfamiliar place
- Nothing loose in a car seat or crib

6 Medications and first aid



- Infant pain reliever, the thermometer, any prescription
- Diaper cream, saline, a nasal bulb
- The pediatrician's number on paper

7 Papers that prove who they are



- A copy of the birth certificate and shot records
- A photo of you with the baby
- Insurance card copy; shelters and clinics ask

8 A way to carry them



- A soft carrier keeps your hands free
- A stroller or wagon hauls the bag and the toddler
- The car seat is the seat, even in someone else's car

9 Comfort



- The pacifier, the lovey, the small familiar toy
- A second of whichever one they cannot sleep without
- A board book for the long wait

10 Toddler food



- Pouches, puffs, crackers, shelf milk
- Their cup and a spoon
- Snacks are how a toddler waits in a line

11 Light and quiet



- A headlamp so your hands stay on the baby
- A small white-noise machine or app on a charged phone
- Glow sticks are a toy and a night light

12 Where it lives, and when to repack



- By the door with the family kit, or in the trunk
- Repack every time they go up a size
- Check the formula and medicine dates with the clock change

Feed, change, warm, soothe, prove who they are. Repack it every time they go up a size.