



Change Time Checklist

Splish splash, we've got bath time covered—from gentle washes to non-slip mats and that hooded towel you'll reach for every night.



Nappy Essentials

- ☐ Nappies (disposable or cloth—lots of them!)
- ☐ Wipes (sensitive and fragrance-free)
- ☐ Nappy rash cream or barrier balm
- ☐ Disposable nappy bags or wet bag (for cloth nappies)
- ☐ Hand sanitiser (for quick clean-ups)



On-the-Go

- ☐ Fully stocked nappy bag
- ☐ Travel-sized wipes
- ☐ Portable change mat
- ☐ Spare outfit (or two!)
- ☐ Compact sanitiser
- ☐ Snacks for you (because parenting is a full-contact sport)



Change Station Setup

- ☐ Change table or change mat (portable or fixed)
- ☐ Waterproof change pad cover (2–3)
- ☐ Storage basket or caddy (keep things organised!)
- ☐ Soft lighting for nighttime changes
- ☐ Spare onesies/singlets (because blowouts happen)



Clean-up Crew

- ☐ Washcloths or reusable wipes
- ☐ Extra towels or muslins
- ☐ Baby-safe surface spray or disinfectant wipes
- ☐ Laundry basket nearby (you'll use it often)

