



A Day out with Dad

Our no-fuss checklist has everything you need — from your every day essentials to sun protection to clean up missions — so you can focus on the fun, not the forgotten.



Grab-and-Go Essentials

- ☐ Nappies or pull-ups (just in case)
- ☐ Travel pack of wipes
- ☐ Portable changing mat
- ☐ Wet bags for dirty nappies or clothes
- ☐ Spare outfit (because you never know!)



Baby Carrying Options

- ☐ Baby carrier or wrap (for hands-free closeness)
- ☐ Sling (lightweight and easy for quick trips)
- ☐ Lightweight stroller or travel pram
- ☐ Car seat (if driving)
- ☐ Weather-appropriate covers (rain cover, sunshade)



Snacks & Drinks

- ☐ Water bottle or sippy cup
- ☐ Easy-to-eat snacks (fruit pieces, crackers, puffs)
- ☐ Bib or snack catcher



Beach or Park Ready

- ☐ Sunhat and sunscreen
- ☐ Bug spray
- ☐ Light jacket or jumper
- ☐ Mat or blanket
- ☐ Sunshade
- ☐ Swim nappies
- ☐ Towel



Entertainment & Comfort

- ☐ Favourite small toy or comforter
- ☐ Board books or busy books



Extras

- ☐ Hand sanitiser
- ☐ Small first aid kit
- ☐ Mobile phone and wallet, travel card if needed

