



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!)



Snacks & Drinks

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



Entertainment & Comfort

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



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)



Beach or Park Ready

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



Extras

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

