



Park-day checklist

A little preparation for a day with your baby.

Tick what you need, then adapt it to your little one.

THE EVERYDAY ESSENTIALS

- ☐ Nappies, wipes, changing mat and nappy bags
- ☐ Spare clothes for baby – and a spare top for you
- ☐ Your usual milk, feeding supplies and clean bottles if needed
- ☐ Familiar, age-appropriate food, snacks, bibs and spoons
- ☐ A suitable pushchair with canopy, storage and an easy fold
- ☐ A baby carrier suited to your baby's age and size

COMFORT & PRACTICAL BITS

- ☐ An insulated cool bag and reusable ice packs for perishable food
- ☐ Sun hat, light clothing and age-appropriate sun protection
- ☐ Properly fitted infant hearing-protection earmuffs for noisy settings
- ☐ A small grab-and-go bag for queues, with your valuables
- ☐ Rain cover for the pushchair, used according to its instructions
- ☐ Charged phone, park tickets and the day's transport plan

PLANNING A WATER DAY?

- ☐ Swim nappies
- ☐ Towel / dry clothes
- ☐ Wet bag

Make it work for their stage

0–6 months

Keep milk, changes and shade easy to reach; plan around feeds and rest.

9–12 months

Allow breaks from the pushchair and room for safe, supervised movement.

6–9 months

If solids have started, add familiar food and feeding kit alongside usual milk.

12–18 months

Make space for meals, rests and supervised movement. Follow their interests.

A small comfort check

Keep under-six-month-olds out of direct sun. Choose shade and good airflow; never drape a blanket over a pushchair. Check your baby often and take quiet, cool breaks when needed.