

# Day Trip Check-list

## General

Water bottles  
Diapers  
Babywipes  
Wetwipes  
Bags for disposal of diapers/garbage  
Small first aid kit including:  
- band-aids  
- wound wipes  
- polysporin  
- eyedrops  
- allergy and pain meds  
stroller  
wrap or carrier

## To Wear

Hats  
Sunscreen  
Sunglasses  
Rain jackets  
Packable umbrella  
Closed-toed shoes  
Spare socks and underwear (for older children)  
Spare clothing (for younger kids)

## To Eat

Snacks and Packed lunches (if permitted)

### *Suggestions*

- individual canned fruit
- crackers
- individual hummus
- granola bars
- dried fruits/nuts

### *Avoid*

- bananas
- most dairy products
- gooey fillings like pb&j
- chocolate