

# HOW TO SURVIVE BABY-GEAR OVERLOAD

## 1 Wear cargo pants.

Fill the pockets with soft items:

- Burp cloth
- Bibs
- Change of clothes (for you and for baby)

## 2 Dress the baby in cargo pants.

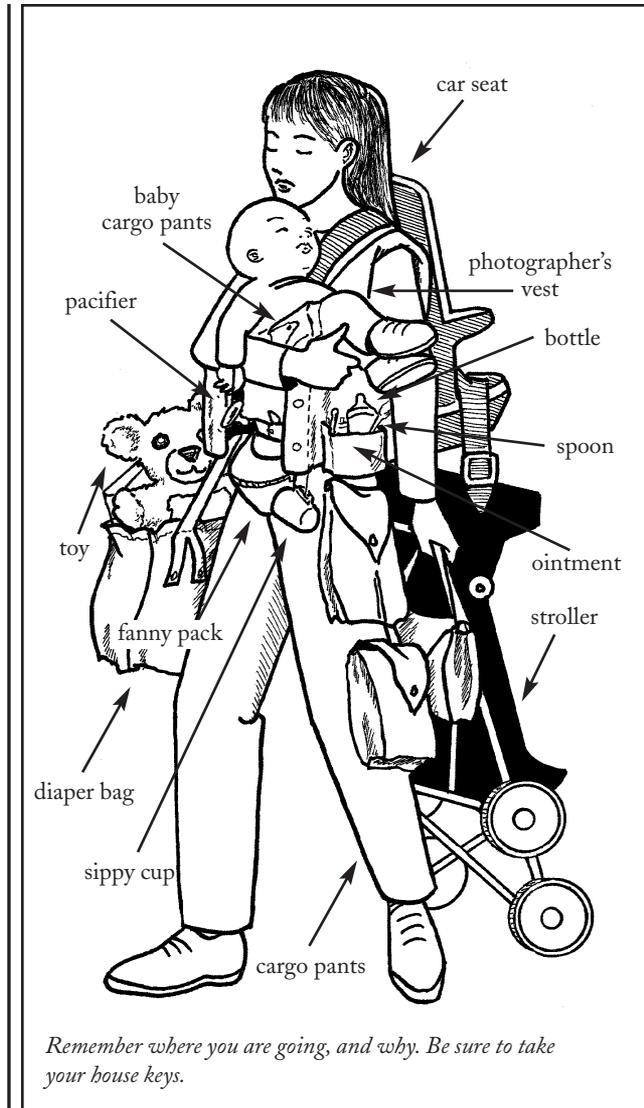
Fill the pockets with small necessities:

- Baby's cap
- Small board book for entertainment
- Teething ring

## 3 Wear a photographer's or fisherman's vest.

Fill the pockets with necessities:

- Small camera and film
- Baby blanket
- Crib toy
- Baby manual
- Hand sanitizer
- Bowl and spoon
- Changing pad
- Shampoo
- Nail clippers
- Bath soap
- Fever-reducing medicine



*Remember where you are going, and why. Be sure to take your house keys.*

- Teething gel
- Anti-itch cream
- Saline drops
- Nasal bulb syringe
- Thermometer
- Tissues
- Meat tenderizer for bee stings
- Adhesive bandages
- Antibiotic ointment
- Toothbrush and paste
- Plastic bag for soiled diapers
- Plastic bag for wet/dirty clothes

**4** **Wear a fanny pack.**

Fill with adult necessities:

- Keys
- Wallet
- Headache medicine
- Sunglasses
- Makeup
- Cell phone
- Shopping list
- Pen

**5** **Circle your waist with a web belt.**

Attach a canteen (for you) and a bottle or sippy cup (for baby).

**6** **Clip a pacifier to the baby.**

**7** **Sling a messenger bag across your back.**

Fill with remaining necessities:

- Umbrella
- Toys
- Diapers
- Diaper wipes
- Cotton balls
- Sunscreen
- Diaper cream
- Juice
- Crackers
- Video camera

**8** **Wear a baby carrier or sling.**

Place the baby in the carrier and go. Remember where you are going, and why, and be sure to take your house keys with you.