

Outing packing list

Get out of the door in ten minutes with nothing forgotten, whether it is the zoo, the beach or a hawker centre lunch. Laminate it, or slip it in a plastic sleeve, and tick with a whiteboard marker.

Where we are going _____

Leave by _____

① Every outing

- ☐ Water bottle for each person
- ☐ Snacks that will not melt
- ☐ Wet wipes and tissues
- ☐ Hand sanitiser
- ☐ Phone charged, plus a power bank
- ☐ Wallet and fare cards for everyone who needs one
- ☐ Plasters and any medicine your child needs
- ☐ A bag for rubbish and wet clothes

② Sun and rain

- ☐ Umbrella or light rain jacket
- ☐ Cap or hat
- ☐ Sunscreen for outdoor time
- ☐ A light jacket for cold malls, cinemas and buses
- ☐ Spare top for a sweaty or rainy child

③ Nappy bag

- ☐ Diapers for the time out, plus a few spare
- ☐ Changing mat and diaper cream
- ☐ Small bags for used diapers
- ☐ Spare clothes for baby, and a spare top for you
- ☐ Milk and feeding things, and a burp cloth
- ☐ Bib, spoon and a snack, if baby eats solids
- ☐ Stroller or carrier, with a rain cover
- ☐ Small toy or book for the queue

④ Getting there

- ☐ Check the route, the nearest MRT exit with a lift, and the walk
- ☐ Check opening hours, tickets and booking
- ☐ Driving? Car seat, parking and the nearest nursing room
- ☐ Toilet before you leave

⑤ Beach, pool or water play

- ☐ Swimwear, towel and swim diapers
- ☐ Slippers and a bag for wet things

If we get separated

Agree the plan in the lift on the way out, so your child knows exactly what to do. Practise it once at a quiet mall.


Step 1

Stop and stay where you are


Step 2

Find a staff member or a parent with children


Step 3

Show them the card with our phone number


Step 4

Wait with them until we come

1 Our meeting point today

2 Cut-out contact cards

Write a parent's phone number by hand and put the card in your child's pocket or bag. Do not write your child's full name or address on it.

If I am lost, please call my grown-up:

Name _____

Phone _____

If I am lost, please call my grown-up:

Name _____

Phone _____

If I am lost, please call my grown-up:

Name _____

Phone _____

If I am lost, please call my grown-up:

Name _____

Phone _____

3 Before you leave the place

- ☐ Count heads, bags and water bottles
- ☐ Check under the table and the stroller basket
- ☐ One last toilet stop

Find somewhere to go: the What Can We Do Today? tool suggests outings by area, weather and age, with prices and checked dates.