

ABDL DIAPER BAG PACKING LIST

Going to your first AB/DL event? Starting your adventure of trying diapers 24/7? A diapered road trip? This article is what I would have liked to know when I started my adventure. This list is what I consider to be the bare necessities.

Starting of the list... the diaper bag... it wouldn't be a diaper bag list if you didn't have a bag! A standard backpack with three main pouches, and side pockets on either side for a drink or bottle is my ideal bag. I personally have two bags... one for regular public use which is just a black military style pack and one for ABDL events and conventions that is covered in ABDL and other fetish affiliated pins, badges, and patches.

Now that we have the bag we need to pack it. Starting off my advice is to pack things in the likelihood that you are going to need them, so I always pack my spare change of clothes. Jeans, shirt, socks, diaper cover in the bottom in the bag in the main pouch. Trust me, you would rather have them and not need them than need them and not have them.

Next is diapers and boosters... if the bag has a laptop pouch, I like to put two of each in this section, so they are a quick and easy grab. It is up to you if you need it more or less. I also like to add a pack of diaper disposable bags in the same section of my diapers. Northshore is who I recommend for these. Their packs are small and deodorizing. The last item I place in the main pouch is my diaper changing mat. The mat isn't always usable in all situations like in a toilet stall, but I like using it over the toilet to place my changing supplies and keeping a barrier between my stuff and a public toilet.

(Just make sure you wipe it down with disinfectant wipes when you are done.)

Moving on from the main pouch of the bag and focusing on the outside of the bag. I always carry my water bottle on my public bag or a bottle or sippy bottle on my dominant hand side of the bag. In the front exterior bag this is where you want to



carry your changing supplies, so you are not fishing around looking for them. I recommend investing in small bottles or going the easier route and getting several small travel sized bottles that you can just refill. If diapers are a sexual thing for you and you are planning on being active don't forget to pack lube and protection!

The last thing I always pack in my diaper bag is my noise cancelling headphones, a handheld gaming device, (I like rocking my old 90s Gameboy with Pokémon yellow as a conversation starter at events), a deck of playing cards or a Yugioh deck if I know others will have them, and an activity book and pencils.

I hope you find this list and guide helpful to you. This is obviously not the only way to pack your bag or what you may need, but this is a good starting point. Make this check list your own!



DIAPER BAG PACKING CHECKLIST

- ☐ Diapers x2
- ☐ Boosters x2
- ☐ Changing Mat
- ☐ Changing Supplies
 - ☐ Powder
 - ☐ Lotion
 - ☐ Baby Oil
 - ☐ Disinfectant wipes
 - ☐ Wipes
 - ☐ Lube
 - ☐ Condoms
 - ☐ Protection
- ☐ Discreet Disposable bags
- ☐ Deodorizer
- ☐ Spare pair of jeans
- ☐ Socks
- ☐ Diaper cover
- ☐ Spare shirt/onesie
- ☐ Headphones
- ☐ Gaming device/stimuli
- ☐ Paci
- ☐ Fruit Snacks/Protein bars/Snacks
- ☐ Bottle

