

Newborn Essentials Checklist

What you'll need to have on hand for the early days with your newborn.

Clothing

- ✓ 8 undershirts/onesies (short and long sleeve)
- ✓ 2 pairs of scratch mittens
- ✓ 5 nightgowns (if using)
- ✓ 2 cardigans/jackets
- ✓ 8 one-piece sleepers
- ✓ Bunting bag or snowsuit (winter baby)
- ✓ 3 pairs of pants
- ✓ Laundry detergent for infants
- ✓ 2 newborn hats
- ✓ 3 outfits for dressing up
- ✓ 8 pairs of socks/booties

Blankets

- ✓ 3 large cotton blankets
- ✓ 8 receiving blankets (also make handy burp cloths)

Feeding

If you're breastfeeding, you don't really need any equipment, but some nursing mothers like to have:

- ✓ Lots of bibs
- ✓ Nursing pillow
- ✓ Burp cloths
- ✓ Nursing bras (buy 1 cup size larger than your pregnant bra)
- ✓ Breast pump (Medela or Ameda Egnell are best)
- ✓ Breast pads (disposable or washable)
- ✓ Milk storage containers
- ✓ Nipple cream
- ✓ Vitamin D drops

If you are choosing to formula feed

- ✓ For informed decision making, consult a healthcare practitioner to discuss your needs.

Diapering

- ✓ Several dozen (4-5) cloth diapers or 2 boxes of newborn-size disposable diapers
- ✓ 8 waterproof covers (if using cloth)
- ✓ 1 diaper pail/wet bag
- ✓ Changing pad
- ✓ Baby ointment/barrier cream
- ✓ Disposable wipes or a couple dozen washcloths

Bath time

- ✓ 1 plastic infant tub (or use a large dishpan in the sink, or take baby in the bath with you)
- ✓ 12 washcloths, not used on baby's bottom
- ✓ Baby soap/cleanser
- ✓ Baby soft-bristled hair brush
- ✓ 3 soft-hooded towels

Bedtime

- ✓ Approved crib and crib mattress and/or bassinet
- ✓ 3 waterproof mattress covers
- ✓ 4 fitted crib sheets
- ✓ 4 light blankets/sleep sack

Other necessities:

- ✓ Approved infant safety car seat
- ✓ Stroller that reclines
- ✓ Nail clippers
- ✓ Baby thermometer (not an ear one until 6 months old)

Nice –to-have items:

- ✓ Change table
- ✓ Rocking chair for feeding/snuggling
- ✓ Playpen
- ✓ Sling/baby carrier
- ✓ Diaper bag
- ✓ 1 or 2 change pads
- ✓ Plastic hangers for closet
- ✓ Sun shade for car windows
- ✓ 2-4 pacifiers (if using them)
- ✓ Rattles/toys
- ✓ Mobiles
- ✓ Night light
- ✓ Baby monitor
- ✓ Fitted newborn car seat cover (winter)

