



newborn essentials checklist



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

Clothing

- ☐ 8 undershirts or onesies (mix of short-sleeve and long-sleeve)
- ☐ 5 nightgowns (for use until the cord falls off)
- ☐ 8 one-piece stretchy sleepers (go for ones with zippers; new moms swear by them!)
- ☐ 5 pairs of pants
- ☐ 2 newborn hats
- ☐ 8 pairs of socks or booties, to wear with nightgowns and outfits
- ☐ 2 pairs of scratch mittens, to keep baby from scratching his face
- ☐ 2 cardigans or jackets, more in winter
- ☐ Bunting bag or snowsuit for winter baby
- ☐ Laundry detergent for infants
- ☐ 4 outfits for dressing up (optional)

Blankets

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

Feeding

If you're breastfeeding, you don't really need any equipment.

Some nursing mothers like to have these items:

- ☐ Lots of bibs
- ☐ Burp cloths
- ☐ Breast pump
- ☐ Milk storage containers
- ☐ Nursing pillow

- ☐ Nursing bras (if buying before baby is born, buy one cup size larger than your pregnant bra size)
- ☐ Breast pads (disposable or washable)
- ☐ Lotion for sore nipples

If you are formula feeding:

- ☐ Lots of bibs
- ☐ Burp cloths
- ☐ 8 four-ounce bottles with nipples
- ☐ 6 eight-ounce bottles with nipples
- ☐ Bottle and nipple brush
- ☐ Formula (be sure to check expiry date and note the lot number in case of recalls)
- ☐ Thermal bottle carrier

Diapering***If you are using re-usable cloth diapers:***

- ☐ Several dozen (4 or 5) cloth or re-usable diapers
- ☐ 8 waterproof covers
- ☐ 1 diaper pail
- ☐ Changing pad
- ☐ Baby ointment or other barrier cream to prevent rash
- ☐ Snaps, Velcro or safety pins to secure re-usable diapers
- ☐ Disposable wipes or a couple dozen washcloths for cleaning baby's bottom

If you are using disposable diapers:

- ☐ Two boxes of newborn-size diapers (it's better not to buy too many in advance in case your baby is large or grows quickly)
- ☐ 1 diaper pail
- ☐ Changing pad
- ☐ Baby ointment or barrier cream to prevent rash

- ☐ Disposable wipes or a couple dozen washcloths for cleaning baby's bottom

Bathtime

- ☐ 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 or cleanser
- ☐ Baby soft-bristled hair brush
- ☐ 3 soft-hooded towels

Bedtime

If you are using a crib:

- ☐ Approved crib and crib mattress
- ☐ 3 waterproof mattress covers
- ☐ 4 fitted cribsheets
- ☐ 4 light blankets that fit in the crib
- ☐ Sleep sack

If you are co-sleeping:

- ☐ Firm mattress (not a waterbed)
- ☐ 3 waterproof pads to place under baby
- ☐ Light comforter (keep away from baby's head)
- ☐ Sleep sack

Other necessities

- ☐ Approved infant safety seat for car
- ☐ Stroller that reclines so newborn can lie flat
- ☐ Nail clippers or scissors (or just bite off baby's nails as needed)
- ☐ Bulb syringe for suctioning mucus
- ☐ Baby thermometer
- ☐ Eye dropper or medicine spoon
- ☐ Medication in case of fever

Nice-to-have items

- ☐ Change table (or just use change pad on top of dresser or bed)
- ☐ Rocking chair for feeding and swaddling
- ☐ Playpen
- ☐ Sling or baby carrier
- ☐ Diaper bag
- ☐ 1 or 2 change pads
- ☐ Plastic hangers for closet
- ☐ Sun shade for car windows
- ☐ 2 or 4 pacifiers (if you choose to use these)
- ☐ Rattles and other baby toys
- ☐ Mobiles
- ☐ Night light

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