



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 mucous
- 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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