



NEWBORN ESSENTIALS LIST

Use this list as a guide and adjust it to how it works best for your family

Clothing & Layette

- 5-8 onesies, rompers or other soft outfits, depending on how often you want to do laundry
- 3-4 baby sleepers or sleep sacks
- 5-7 pairs of baby socks
- 1-2 newborn hats depending on weather
- _____
- _____
- _____
- _____
- _____

Diapering & Bath Items

- Enough disposable diapers or cloth capers for at least two weeks. Newborns can go through 10-16 diapers/day!
- 4 packs of disposable wipes or 12 cloth wipes
- Waterproof pad for diaper changes
- 3-5 baby washcloths
- 1-2 hooded towels, if desired. Regular bath towels will suffice.
- 1 bottle of gentle baby wash
- Baby nail clipper or nail kit
- Digital thermometer - forehead or armpit
- _____
- _____
- _____
- _____
- _____

Bedding

- 3-4 fitted sheets for crib, cradle, co-sleeping bassinet or traditional bassinet
- 3-5 lightweight blankets or swaddle blankets
- 1-2 heavier blankets, depending on weather
- _____
- _____
- _____
- _____
- _____

Feeding

- 10 burp cloths
- 5-8 bottles and parts, if bottle feeding is a feeding preference
- Breast pads
- Electric breast pump
- Haaka or other milk saver that can catch milk during/between feeding sessions
- _____
- _____
- _____
- _____
- _____

Gear & Furniture

- Car seat and base (if you'd like)
- Crib, cradle, bassinet or other safe sleep space
- _____
- _____
- _____
- _____

Other - Not Immediate

- Babywearing gear e.g. ring-sling, wrap, soft-structured carrier, etc.
- Stroller caddy or full stroller
- Diaper bag/backpack
- Baby monitor
- Nursing cover, if desired
- 3-4 nursing tanks/bras (one to wear, one to wash, 1-2 in waiting)
- Helpful apps
 - Peanut- connect with new parents
 - BabySparks - development activities and milestone tracker
 - The Wonder Weeks - baby development
 - MyMedela - track pumping and feeding, connect with lactation support community
 - WhiteNoise - soothing noise to help with sleep