



Newborn Essentials

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 climate
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Diapers & Bath Items

- At least 4 packs of disposable diapers or enough cloth diapers for at least two weeks. Newborns can go through 10 – 12 diapers a 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. Adult towels will work too.
- 1 bottle of gentle baby wash
- Baby nail clippers
- Digital thermometer
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Bedding & Feeding

- 3 – 4 fitted sheets for crib, cradle, co-sleeping bassinet or traditional bassinet
- 3 – 5 lightweight blankets or swaddlers
- 1 – 2 heavier blankets, depending on weather
- 10 burp cloths
- 5 – 8 bottles and parts, if bottle feeding is one of your feeding preferences
- Breast pads

- An electric breast pump, if you will be returning to work or plan to pump

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Gear & Furniture

- Car seat
- Crib, cradle, bassinet or other safe sleep space
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Other – Not immediate

- Babywearing gear i.e. ring-sling, wrap, soft-structure 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)
- Baby development apps
 - Peanut – connect with new parents
 - BabySparks – development activities and milestone tracker
 - The Wonder Weeks – baby development
 - MyMedela – track pumping and feeding and connect with live lactation consultants
 - Sprout – track baby’s daily activities and care
 - InfantRisk Center – prescription and non-prescription search to see if they are safe for both mom and baby
 - WhiteNoise – soothing noise to help with baby sleep