

ABDL STARTER OUTFIT



Getting started and buying your first ABDL gear? These are a few recommendations for getting started.

Entry level: The Baby Set – Cost \$100 - \$150

- Diapers
- Paci
- T-shirt/onesie



Diapers

Firstly, every baby needs diapers... and although there are a ton of AB/DL printed diapers on the market, all the cuts and measurements are not universal, and they are pricy... I personally recommend Northshore¹ Megamax for all first timers. There is no better diaper for the price on the market. A pack of ten will run between \$33.50 - \$45 depending on where you get them. Northshore has

¹ [Premium Extreme Absorbency Adult Diapers and Incontinence Products](#)

an excellent website and quick shipping, but you can also purchase Megamax on Amazon at a higher price. The colors come in White, Black, Blue, Pink, and Tie dye currently.

If you are into super thick diapers that last over 12 hours you can add an addition of boosters. They are diapers without an outer shell that will soak through. Northshore and various other companies sell boosters that slip inside the diaper that add more thickness and the “Waddle effect.” Boosters depending on the size and make can be around \$17.00 - \$35.

Paci

When it comes to Pacis, you could get a toddler’s Nuk 5 from any local baby aisle, but for a few bucks more you can get an adult sized paci. My recommendation is from My Inner Baby², they sell several large sizes for various price ranges. My personal favorite is the size ten which sells for around \$20.00, but there are larger sizes for additional costs. Adding a Paci clip is a fun addition that adds to an outfit.



Onesie/T-shirt



There is one company I recommend above all when it comes to a Onesie or Romper and that is Onesies Down Under³. They sell some of the best onesies out there and the sizes are very forgiving as they can stretch quite a bit. It is important to use the size chart when ordering and I recommend adding an inch or two for the average diaper. Their prices are fair for the quality and there are frequent sales and items at discount and clearance. You can find a onesie for roughly \$30-42.00.

If you are a baby on a budget the easiest thing to do is wear a t-shirt and adopt the “Tommy Pickles” look. I recommend getting a smaller sized T-shirt than what you

² [Home page – My Inner Baby](#)

³ [Onesies Downunder // Ageplay Apparel](#)

normally wear if you want your diaper on display. A solid color is one way to go, but there are also “nostalgic graphic T-shirt” options available at big name stores such as Teenage Mutant Ninja Turtles or Sesame Street.

Once you have your AB/DL basic attire there are always ways to improve your toddling look and add to the growing wardrobe.

Intermediate Level: The Toddler Addition – Cost \$170-\$180

- Shortalls/Skirtalls
- Knee high socks
- Velcro Shoes



Shortalls/Skirtalls

The shortalls/skirtalls look is the classic in the AB/DL community. My personal recommendation are the denim shortalls or Skirtalls from Tykables⁴. They cost \$80.00, but the quality and the fact that they open at the crotch for diaper changes (Shortalls) the price is more than worth it. They also will not hide the onesie you are wearing but to the contrary will feature it.

Knee High Socks

Knee high socks are a great and yet cheap addition to the AB/DL look. They can be acquired anywhere clothing can be purchased. I am personally a fan of Amazon due to selection and options. Socks can be found for a few dollars or more depending on the make and quality.



⁴ [Tykables | ABDL Clothing, Adult Diapers & Incontinence Supplies](#)



Velcro Shoes

Shoes may not be an item many AB/DLs think about but for me my shoes are one of my favorite clothing items. Sure, any sneakers could complete the look, but if you want to feel really little, nothing will make you feel that more than Velcro only sneakers and I am not talking about your grandpa's orthopedic shoes. Vans⁵ has Black and White or Blue and White Suede Canvas all Velcro Trainer sneakers that I personally am on my fifth pair and wear everywhere except the gym as my daily shoes.

I have always ordered my shoes on Amazon, and they will run you for about \$80.00 depending on the size, but if the shoes are important to you these cannot be beat.

Other Accessories/Items

Now that you have a full outfit there are several accessory items you could add to keep building the outfit. All of the items aren't necessarily required, just like there are cheaper, non-AB/DL shortalls and various of the AB/DL clothing options, but as you grow your collection and expand in play these are some of the items I would recommend in no particular order.

- Adult Bibs
- Adult Bottle
- AB/DL Hat
- Changing Pad
- Diaper Bag



Bibs

There are a variety of places to get an AB/DL bib. Lil Kink Boutique⁶ or LKB or Rearz⁷ are two wonderful places that I recommend finding a cute bib. I want to be clear that they are not the only option but products that I personally have tried and would recommend.

⁵ [Vans | Old Skool V Suede/Canvas black/True White Classics Shoe](#)

⁶ [Lil Kink Boutique - Your online source for all things ABDL & Age Play](#)

⁷ [Rearz Inc. | ABDL Super Store](#)

Changing Pads

You could simply use a blanket as a changing pad, but if you are an actual diaper user there are many benefits to owning a genuine changing pad. I personally purchased mine from Rearz, but the one complaint I have about the Rearz changing mat is that they have a solid white background that is prone to staining. It's still an excellent product, but Lil Kink Boutique also makes them in a near identical way and aside from not having a solid white background the one I purchased at CapCon is also Space themed.

Adult Bottle

Depending on your interests in the age play kink, a bottle would probably be one of the first accessories I'd recommend, aside from a paci. Again, you don't need to spend a large amount of money to get an official branded glass bottle. The first time I attended CapCon I had a plastic sippy cup that I picked up at Walmart. If you are planning to get a glass adult baby bottle one important thing to know is that many venues, like CapCon, as well as Lake Erie Age Players events forbid glass AB/DL bottles for the danger they impose if dropped. All my glass bottles are from Rearz⁸ or Bambino, but at the time of writing this it appears that Bambino doesn't have bottles on their website anymore. If your heart is set on having a bottle at CapCon or other AB/DL events that forbid glass, there are metal sippy cup/bottle kits that can use the same nipples as the Rearz glass bottles. I personally purchased one of these options and covered it in ABDL stickers and then clear coated it several times. One additional item/upgrade I will mention that I recently tried and discovered is that Rearz sells an "Upgraded" Adult nipple that you can swap out the one that comes standard. Although I think the one that comes standard isn't bad. The adult nipple is well worth the money in my opinion.



⁸ [Rearz Inc. | ABDL Super Store](#)

AB/DL Hat/Head Gear

A clothing option that many forget to consider is a hat or bonnet. AB Universe⁹ has PeekABU hats which are an excellent way to spot other ABDLs in public, but it is



discrete enough to wear in public safely without crossing the lines of public play and they also have a beanie version. Another hat I keep for AB/DL outfits is the military Velcro ball cap. What is nice about them is that you can have a custom name tape made and you can change out the name and patch to whatever you like. The name tape on the back of my hat reads "Baby Jp" which is my scene name, but if I am going into public, a quick tug and I am either nameless or I can swap the tape for

something else. I do the same for the front patch. Your Velcro patch collection is your only limitation. I've never been a fan of baby bonnets but there are assorted options online.

Diaper Bag

There are tons of options available when it comes to diaper bags. I personally have two. One is for carrying in public and the other is for ABDL events, BDSM clubs and direct visits. I'd recommend a backpack that isn't a child's backpack... just because you want something that won't fall apart. If you read my article on a recommended packing list for a diaper bag, you'll see that you need something well put



together. I recommend that if you want to create the perfect "Little's Bag" then consider decorating the bag with enamel pins or patches. There are tons of options in that realm from vendors like Poofy Pins¹⁰ on Etsy and even CapCon have various official Enamel pins as well.

⁹ [ABUniverse USA – ABDL Diapers – ABUniverse United States](#)

¹⁰ [PoofyPins - Etsy](#)

My discrete public use diaper bag is just a black military tactical backpack. I prefer them as I can always use the molle web system to add and adjust storage to my liking.

There's obviously countless other AB/DL products, outfits and accessories that you can add but as this is meant to be a "Starter Outfit Article" I don't want to go too far down the rabbit hole, but I plan on creating other "Outfit Builds" in the future for example my "Diaper Scout" Uniform or a sailor suit.

I hope you found this article helpful. Let my know if you have any questions or content requests at: jp@adultbabysteps.com

Stay Padded! – Baby Jp

