

# Essential Gear Checklist



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## ON-THE-GO

- |                          |                 |                          |                              |
|--------------------------|-----------------|--------------------------|------------------------------|
| <input type="checkbox"/> | CAR SEAT        | <input type="checkbox"/> | CARRIER/SLING                |
| <input type="checkbox"/> | CAR SEAT MIRROR | <input type="checkbox"/> | DIAPER BAG WITH CHANGING PAD |
| <input type="checkbox"/> | STROLLER        | <input type="checkbox"/> | CAR SEAT CANOPY              |

## SLEEP

- |                          |          |                          |                  |
|--------------------------|----------|--------------------------|------------------|
| <input type="checkbox"/> | CRIB     | <input type="checkbox"/> | BABY MONITOR     |
| <input type="checkbox"/> | MATTRESS | <input type="checkbox"/> | SWADDLE BLANKETS |
| <input type="checkbox"/> | SHEETS   | <input type="checkbox"/> | NIGHT LIGHT      |

## CHANGING

- |                          |                     |                          |              |
|--------------------------|---------------------|--------------------------|--------------|
| <input type="checkbox"/> | CHANGING TABLE/PAD  | <input type="checkbox"/> | BABY WIPES   |
| <input type="checkbox"/> | CHANGING PAD COVERS | <input type="checkbox"/> | DIAPER CADDY |
| <input type="checkbox"/> | SIAPERS             | <input type="checkbox"/> | DIAPER CREAM |
| <input type="checkbox"/> | DIAPER PAIL         | <input type="checkbox"/> | WET BAGS     |

## BATH & CARE

- |                          |                    |                          |                 |
|--------------------------|--------------------|--------------------------|-----------------|
| <input type="checkbox"/> | BABY WASH          | <input type="checkbox"/> | LOTION          |
| <input type="checkbox"/> | BABY HOODED TOWELS | <input type="checkbox"/> | OINTENT         |
| <input type="checkbox"/> | BABY WASHCLOTHS    | <input type="checkbox"/> | HAIR BRUSH/COMB |
| <input type="checkbox"/> | NAIL CLIPPER/FILE  | <input type="checkbox"/> | BATH TUB        |
| <input type="checkbox"/> | NASAL ASPIRATOR    | <input type="checkbox"/> | SALINE SPRAY    |

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## FEEDING

- |                          |                  |                          |                    |
|--------------------------|------------------|--------------------------|--------------------|
| <input type="checkbox"/> | BREAST PUMP      | <input type="checkbox"/> | BOTTLE BRUSH       |
| <input type="checkbox"/> | BREAST MILK BAGS | <input type="checkbox"/> | BOTTLE WARMER      |
| <input type="checkbox"/> | BOTTLES          | <input type="checkbox"/> | BURP CLOTHS        |
| <input type="checkbox"/> | STERILIZER       | <input type="checkbox"/> | BOTTLE DRYING RACK |

## FOR MOM

- |                          |                          |                          |                    |
|--------------------------|--------------------------|--------------------------|--------------------|
| <input type="checkbox"/> | DISPOSABLE NURSING PADS  | <input type="checkbox"/> | NURSING BRAS       |
| <input type="checkbox"/> | REUSABLE NURSING PADS    | <input type="checkbox"/> | NURSING COVER      |
| <input type="checkbox"/> | NURSING PILLOW           | <input type="checkbox"/> | NIPPLE CREAM       |
| <input type="checkbox"/> | POSTPARTUM RECOVERY BELT | <input type="checkbox"/> | MAXI SANITARY PADS |

## PLAY (NICE TO HAVE)

- |                          |              |                          |               |
|--------------------------|--------------|--------------------------|---------------|
| <input type="checkbox"/> | BOUNCER      | <input type="checkbox"/> | TEETHING TOYS |
| <input type="checkbox"/> | CAR SEAT TOY | <input type="checkbox"/> | BABY BOOKS    |

## OPTIONAL

- |                          |            |                          |               |
|--------------------------|------------|--------------------------|---------------|
| <input type="checkbox"/> | HUMIDIFIER | <input type="checkbox"/> | NOISE MACHINE |
| <input type="checkbox"/> | PACIFIERS  | <input type="checkbox"/> | PLAYMATS      |

# Essential Clothing Checklist



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## CLOTHES

ONESIES

JACKETS / HOODIES

SHIRTS

SLEEPSUITS

PANTS / SHORTS

OTHERS \_\_\_\_\_

## GENERAL

BOOTIES

BIBS

SOCKS

SLEEP SACKS

MITTENS

HATS

OTHERS \_\_\_\_\_

## WASH CARE

MILD DETERGENT

MESH LAUNDRY BAG

## OTHER

\_\_\_\_\_

\_\_\_\_\_

# Hospital Bag



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## ADMIN

- IMPORTANT DOCUMENTS
- WALLET & COINS

- ID CARD
- BIRTH PLAN (IF ANY)

## MOM

- NURSING BRAS
- UNDERWEAR
- NIGHTS GOWNS
- NURSING PADS
- TOOTHBRUSH & TOOTHPASTE

- SOCKS
- GOING HOME CLOTHES
- FLIP FLOPS
- MAXI SANITARY PADS
- TOILETRIES

## BABY

- GOING HOME OUTFIT
- MITTENS
- HAT

- RECEIVING BLANKETS
- SOCKS
- CAR SEAT

## OTHERS

- CELL PHONE & CHARGER
- CAMERA
- LAPTOP
- \_\_\_\_\_
- \_\_\_\_\_

- PEN
- SNACKS
- READING MATERIALS