

# ***Baby Essentials Checklist***

## BRINGING BABY HOME FROM HOSPITAL

- ☐ A nappy to wear home
- ☐ Body suit or jumpsuit
- ☐ Socks
- ☐ Cap or hat
- ☐ Blanket or wrap

## CLOTHING

- ☐ 6-12 long sleeved tops and/or body suits
- ☐ 6 jumpsuits
- ☐ 1-2 jumpers or baby jackets if it is going to be cold when your baby is due
- ☐ 2-3 nightgowns – easy access for late night nappy changing
- ☐ 3-4 blankets or light cotton wraps
- ☐ Hat for cooler weather
- ☐ 6 pairs of socks (many parents find all in one jumpsuits with feet easier to manage than endlessly replacing missing socks).
- ☐ 6 singlets

## NAPPIES

- ☐ Changing table
- ☐ 6-12 disposable newborn nappies a day or
- ☐ 8-10 cloth nappies per day depending on how often you want to wash them
- ☐ Nappy rash cream
- ☐ Baby Wipes or Sorbolene with tissues

## OUT & ABOUT

- ☐ Pram or stroller
- ☐ Car capsule or baby seat
- ☐ Baby sling
- ☐ Pram Blanket/Cocoon
- ☐ Pram Sun Shade/ Raincover
- ☐ Portacot
- ☐ Baby Bag/ Nappy Bag
- ☐ Pram Liner
- ☐ Car Window shades

## FOR SLEEPING

- ☐ Cot or bassinet
- ☐ Cot mattress
- ☐ Baby Sleeping bag/swaddles
- ☐ Muslin wraps
- ☐ 2-3 sets of cot sheets
- ☐ Baby night light for night feeds
- ☐ Baby Monitor

## BATH

- ☐ Baby bath
- ☐ Baby wipes or cloths
- ☐ Baby nail clippers
- ☐ Baby hair brush
- ☐ 2-3 hooded towels
- ☐ Baby bath wash

## MEDICAL

- ☐ Baby thermometer (electric preferably)
- ☐ Nasal aspirator
- ☐ Humidifier

## BREAST FEEDING

- ☐ Nursing Bras
- ☐ Breast pads
- ☐ Breastfeeding pillow
- ☐ Nipple Shields
- ☐ Nipple Cream
- ☐ Breast Pump
- ☐ Breast milk Storage Bags

## BOTTLE FEEDING

- ☐ 4-6 baby bottles
- ☐ A steriliser
- ☐ Formula
- ☐ Bottle brush
- ☐ Breast pump (these can also be hired from your local Breast Feeding Association and some pharmacies)
- ☐ Dummy
- ☐ Bottle rack
- ☐ Bottle Warmer