

Newborn Essentials Checklist

Newborn Clothing Essentials

- ☐ Short-Sleeve Bodysuits/onesies (6–10)
- ☐ Long-Sleeve Bodysuits (4–6)
- ☐ Sleepers/footed Pajamas (5–7)
- ☐ Kimono-Style Tops (2–3)
- ☐ Pants/leggings (4–6)
- ☐ Swaddle Blankets (3–5)
- ☐ Wearable Sleep Sacks (2–3)
- ☐ Soft Hats (2)
- ☐ Socks (6 Pairs)
- ☐ Mittens (2–3 Pairs)
- ☐ Lightweight Jacket or Cardigan (1–2)



Feeding & Milk Prep Essentials

- ☐ Nursing pillow
- ☐ Nursing bras (2–3)
- ☐ Nursing pads packs (2)
- ☐ Nipple cream tube
- ☐ Breast pump
- ☐ Milk storage bags box
- ☐ Extra pump parts set
- ☐ Baby bottles (6–8)
- ☐ Slow-flow nipples (6–8)
- ☐ Bottle brush
- ☐ Formula tubs (1–2)
- ☐ Bottle drying rack
- ☐ Bottle sterilizer
- ☐ Bottle warmer
- ☐ Formula dispenser container
- ☐ Drying mat
- ☐ Burp cloths (8–12)
- ☐ Bibs (4–6)

Sleep Essentials

- ☐ Crib or bassinet
- ☐ Crib mattress
- ☐ Fitted crib sheets (2–4)
- ☐ Waterproof mattress protectors (2)
- ☐ Bassinet sheets (2)
- ☐ Lightweight blankets for tummy time (2)
- ☐ Baby monitor
- ☐ Night light



Health, Bathing & Grooming Essentials

- ☐ Baby bathtub
- ☐ Gentle baby wash bottles (1–2)
- ☐ Baby shampoo bottle
- ☐ Soft washcloths (4–6)
- ☐ Hooded towels (2–3)
- ☐ Baby lotion bottle
- ☐ Baby oil bottle
- ☐ Grooming kit set
- ☐ Soft brush for cradle cap
- ☐ Digital baby thermometer
- ☐ Nasal aspirator
- ☐ Saline nasal drops bottle
- ☐ Baby-safe nail clippers
- ☐ Infant first-aid kit
- ☐ Gas relief drops bottle
- ☐ Baby-safe laundry detergent bottles (1–2)
- ☐ Outlet covers pack
- ☐ Cabinet and drawer locks pack

Development Essentials

- ☐ Dresser or organizer
- ☐ Storage baskets/bins (3–5)
- ☐ Closet dividers set
- ☐ Changing table or dresser topper
- ☐ Rocking chair or glider
- ☐ Bookshelf
- ☐ Tummy time mat
- ☐ Soft toys (2–3)
- ☐ Rattles (1–2)
- ☐ High-contrast cards set
- ☐ Crinkle toys (2)
- ☐ Board books (3–5)
- ☐ Baby swing or bouncer
- ☐ Play gym with hanging toys



Travel & Outdoor Essentials

- ☐ Stroller
- ☐ Car seat or bassinet stroller attachment
- ☐ Rear-facing car seat
- ☐ Car seat mirror
- ☐ Baby carrier or wrap (1–2)
- ☐ Portable changing mat
- ☐ Insulated bottle bag
- ☐ Waterproof wet bags (1–2)
- ☐ Extra clothes sets (2)
- ☐ Travel-sized wipes pack
- ☐ Stroller rain cover
- ☐ Stroller organizer pouch

Diapering Essentials

- ☐ Newborn diapers, large packs (1–2)
- ☐ Size-up diapers medium pack
- ☐ Baby wipes packs (4–6)
- ☐ Diaper rash cream tubes (1–2)
- ☐ Fragrance-free diaper spray/wipe solution bottle
- ☐ Changing pad
- ☐ Changing pad covers (2)
- ☐ Diaper pail
- ☐ Pail refill bags rolls (2)
- ☐ Disposable bags pack
- ☐ Diaper bag with compartments

Postpartum Essentials (Optional)

- ☐ Peri bottle
- ☐ Sitz bath mix pack
- ☐ Postpartum underwear (4–6)
- ☐ Perineal pads packs (1–2)
- ☐ Belly support band