

### **Baby's First wardrobe**

- 3-7 undershirts (snaps)
- 4-6 footless rompers or all-in-ones
- 3-8 nightgowns (infant gowns)
- 2-3 blanket sleepers
- 2-3 pairs of booties and socks
- 2 washable bibs
- 1-3 sweaters (cardigans are easiest)
- 1-3 hats
- 1 jacket or bunting
- baby mittens
- 3-4 bibs
- 5-7 day outfits
- brimmed hat
- snow suit for newborn

### **Baby's Linens**

- 3-6 receiving blankets
- 3-4 fitted sheets, sized for crib, bassinet, cradle, or carriage
- 2-6 waterproof pads
- 2 washable crib or bassinet blankets or comforters
- 2-3 terry cloth towels with hoods
- 2-3 soft washcloths
- 1 dozen square cloth diapers for burping or emergency spills
- Several dozen disposable diapers, if you are using them exclusively (70+)
- Boppy covers

### **Nursery**

- Crib
- Crib bumper
- Fitted crib sheets (2-6)
- water-proof mattress pads
- Blankets
- Bassinette
- 2-6 bassinet sheets
- waterproof liners for crib and bassinette
- Changing table
- Washable changing table covers
- Bureau or clothes storage
- Diaper pail
- Hamper
- Rocking chair/stool
- Curtains
- Lamp/dimmers
- Crib gym or mobile

- Night light
- Safety
- Infant car seat
- Convertible car seat
- Nursery monitor (portable/rechargeable)
- Hamper
- Baby hangers
- Stereo or music player

### **Baby Gear at Home**

- Bouncer seat
- Swing
- Portable bassinet
- Play yard
- Infant to Toddler rocker
- Travel
- Portable swing
- Portable play yard
- Stroller (for laying flat and upright, handle height is important for comfort)
- Stroller toy bar
- Stroller mesh bag
- Stroller weather shield
- Baby carrier (sling + baby bjorn for daddy)
- Diaper bag (1 for each parent, lots of compartments)
- Pacifiers
- Baby music

### **Baby Gear in Car**

- Car seat (one seat, two bases)
- Head support
- Sun shades
- Car seat protector
- Rear facing mirror
- Portable crib/playpen
- Portable crib sheets
- Car seat travel tote
- Tupperware bin with essentials from diaper bag that you don't want to carry (extra clothes, diapers, creams, etc)
- Snuggly car seat cover

### **Bath time**

- Infant bath tub with sling
- Baby shampoo
- soap
- lotion
- Several hooded towels

- Cotton swabs
- Baby wash cloths
- Infant-appropriate water toys
- Nail grooming set
- Carry all

### **In the changing area**

- A changing surface (either a changing table, the top of a dresser that's at least waist-high, or just a curved changing pad that can be put down anywhere)
- Washable changing table covers
- A plastic changing mat to lay on top of the changing surface
- Plenty of clean diapers
- Disposable cleaning cloths. Avoid wipes that contain alcohol
- A soft cloth and warm water to use instead of wipes if baby has diaper rash (try filling a thermos each night to keep warm water easily accessible)
- Ointment or petroleum jelly, for treating diaper rash
- Cotton balls
- Corn starch baby powder
- A washable diaper pail with a tightly-sealed cover (works well for storing either cloth or disposable diapers)
- Trash bin for refuse other than diapers
- A laundry bag or hamper with a lid.
- Mobile

### **Diaper Bag Basics:**

- Diapers (10 to 15)
- A changing pad waterproof
- Wipes and ointment or petroleum jelly
- Empty plastic bags for dirty diapers
- Bib for feedings
- Cloths or cloth diapers to catch drool or spit-up
- An extra outfit for baby in case of spill or accident
- An extra outfit for you and Dad (in case baby spills or has an accident!)

- In the summer, a wide-brimmed hat for baby, plus sunblock
- A few small toys, including a set of plastic toy keys or teething rings and a chewable toy to mouth on during adult meals
- Extra formula if you're bottlefeeding
- Antibacterial hand gel for p-rents
- Diaper rash cream
- Spare bottle of water
- Plastic spoon
- Bottle cooler
- Ice pack
- Powdered formula container

### **First Aid Kit**

- Adhesive bandages & sterile gauze pads
- First-aid tape (to secure the gauze)
- Small scissors
- Thermometer
- Liquid acetaminophen
- Bottle of rehydrating solution
- Tweezers (for removing splinters)
- Over-the-counter hydrocortisone cream
- Antiseptic lotion or liquid (Neosporin)
- Petroleum jelly
- Cotton swabs
- Rubbing alcohol
- Hydrogen peroxide
- Diaper rash ointment
- Calamine lotion
- Oral medicine dropper
- Nasal aspirator
- Saline nose drops
- Ice pack
- Ipecac
- Pedialyte
- Pediacare
- Mylicon
- Sun block
- Baby oil

### **Emergency**

- 911
- A neighbor, friend or relative
- Work phone number(s)

**Emergency continued**

- Cell phone number(s)
- Emergency medical services
- Fire department
- Police department
- Poison control
- Pediatrician
- Medical insurance plan
- Pharmacy

**Child's Medical History**

- Child's full name & date of birth
- Pre-existing medical conditions
- Allergies to food or medications
- Immunization record

**Mom at Hospital**

- cash for taxi ride (just in case)
- Thank you's for hospital attendants (+ chocolates or smelly soaps)
- Video camera + charger
- Camera + charger
- Phone numbers + emails
- Stool softener (dulcolax or collate)
- Medicated pads for hemorrhoids
- Pads
- Toiletries
- Robe + slippers
- nursing nightgown
- baby gear (See 'coming home')
- athletic bra
- hair bands, barrettes
- lip moisturizer
- cute sox
- nursing bra/pads
- massage oils
- insurance info
- things to relax you
- 2 extra pillows/ blankets for both mom and pop
- boppy/cover
- reading material
- breast cream
- snax
- hemorrhoid pillow
- hospital prereg info
- neighbor contact info for cat care
- champagne

**Coming home**

- car seat with head support

- baby carrier
- receiving blanket
- coming home outfit
- burp cloths
- diaper bag

**Mom at home**

- 2-4 nursing bras
- 4-8 nursing tops
- 2-3 nursing nightgowns
- 6-12 nursing pads
- emergency jacket/ cover for leaks
- privacy nursing blanket
- breast pump
- milk storage bags
- stickers for milk bag labels
- dishwasher cage
- 6-12 burp cloths

**OTHER**

- Announcements
- Thank you cards
- Return address labels
- stamps