Baby Essentials Checklist

The must-have items a newborn needs through the first few months.

Safe Sleep

- [ ] Set up a crib or bassinet that meets current safety standards
- [ ] Add a firm, snug-fitting mattress and a few fitted sheets
- [ ] Keep the sleep space bare, with no pillows, bumpers, or loose blankets
- [ ] Use wearable blankets or sleep sacks for warmth
- [ ] Have a couple of swaddle blankets on hand
  Stop swaddling once your baby shows signs of rolling.
- [ ] Place a baby monitor where you can see and hear easily

Feeding

- [ ] Gather a few bottles in a couple of sizes
- [ ] Keep a bottle brush and drying rack near the sink
- [ ] Stock burp cloths, eight to ten of them
- [ ] Have a nursing pillow ready if you plan to breastfeed
- [ ] Keep formula on hand if you plan to use it
  Ask your pediatrician about choosing and preparing formula.
- [ ] Set up a comfortable feeding spot with water and snacks nearby

Diapering

- [ ] Stock newborn and size 1 diapers
- [ ] Keep fragrance-free wipes within arm's reach
- [ ] Set up a changing pad with a washable cover
- [ ] Have diaper cream ready for irritation
- [ ] Use a covered pail or sealed system for soiled diapers
- [ ] Pack a small portable changing kit for outings

Clothing & Layers

- [ ] Stock six to eight onesies in newborn and 0 to 3 month sizes
- [ ] Have several footed sleepers with easy snaps or zippers
- [ ] Keep socks, hats, and scratch mittens on hand
- [ ] Add weather-appropriate layers like a sweater or bunting
- [ ] Keep a few extra swaddles and receiving blankets nearby

Bath & Skin Care

- [ ] Use a baby bathtub or a soft sink insert
- [ ] Keep hooded towels and soft washcloths ready
- [ ] Stock fragrance-free baby wash and lotion
- [ ] Have baby nail clippers or a file and a soft hairbrush

- [ ] Start with sponge baths until the cord stump heals
  Check with your pediatrician about cord care.

Health & Comfort

- [ ] Keep a digital thermometer for checking temperature
- [ ] Have a nasal aspirator for stuffy noses
- [ ] Stock a basic baby first aid kit
- [ ] Run a humidifier during dry-air seasons
- [ ] Try a couple of pacifiers if you choose to offer one
- [ ] Keep your pediatrician's number saved and easy to find

On the Go

- [ ] Install an infant car seat and learn to buckle it correctly
- [ ] Keep a stroller or carrier ready for walks and errands
- [ ] Pack a roomy diaper bag with spare clothes and supplies
- [ ] Stash a clean change of clothes for yourself, just in case
- [ ] Carry a small blanket and a backup pacifier if you use one