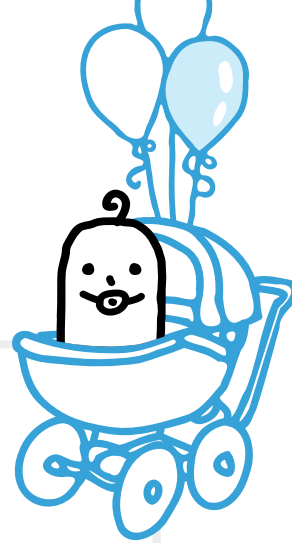


The Ultimate New Baby Checklist



Feeding

If you are breastfeeding:

- Burp cloths or muslins
- Breast pump
- Nursing bras
- Milk storage bags/containers
- Nursing bras
- Breast pads
- Nipple cream and/or compresses



If you are formula feeding:

- Plenty of bibs (approx. 20)
- Muslin cloths
- BPA-free bottles x 6
- Bottle teats
- Sterilizer
- Bottle brush
- Formula



Travel



- Rear-facing car seat (preferably with Isofix base)
- Pram/Buggy that can recline flat for newborns
- Baby carrier, sling or wrap
- Car window sun shade
- 2-3 blankets for out and about

Bath Time

- A large soft towel
- Soft baby sponges or face cloths x2 (one for face, one for body)
- Baby soap and shampoo

Clothing

- Long sleeve bodysuits x 8
- Short sleeve vests x 8
- Cardigans x 2
- Light coat (summer baby)
- Fleece jacket (winter baby)
- Scratch mittens
- Socks x 6
- Hat x 2



Sleep

- A Moses basket, crib or cot
- A firm mattress
- Waterproof mattress cover x 2
- Fitted sheets x 2-3
- Swaddle blanket



Baby Care

- Digital thermometer
- Baby nail clippers or nail file
- Bulb nasal aspirator
- Soft brush and comb
- Play mat for tummy time



Changing

- Cotton wool and a small bowl of cooled boiled water (for babies under 6 weeks)
- Unscented baby wipes
- Nappy disposal bags
- Nappy rash cream/ointment
- Changing mat
- A changing bag with plenty of pockets for out and about



For disposable nappies:

- A large supply of nappies in the size best suited to your baby's weight (plan for at least 8-12 per day)

For reusable nappies:

- At least 25 all-in-one cloth nappies
- Biodegradable nappy liners
- A bucket with a lid (for at home)
- A wet bag (for out and about)