

Newborn Essentials Checklist

The genuine basics for the first weeks at home. Cross off anything you don't need — every family's space, budget and feeding plan is different.

Safe sleep

- ☐ Crib, bassinet or play yard that meets current safety standards
- ☐ Firm, flat mattress that fits snugly
- ☐ 2–3 fitted sheets
- ☐ 2–3 sleep sacks or swaddles (instead of loose blankets)
- ☐ Nothing else in the sleep space — no pillows, bumpers or toys

Diapering

- ☐ Newborn and size 1 diapers (8–12 changes a day is common)
- ☐ Unscented wipes or soft cloths
- ☐ Zinc oxide or petroleum-based barrier cream
- ☐ Changing pad
- ☐ Small lidded trash can or diaper pail

Clothing

- ☐ 6–8 bodysuits or sleepers with snaps or zips
- ☐ 2–3 soft hats and a few pairs of socks
- ☐ One weather-appropriate outer layer
- ☐ Fragrance-free laundry detergent — wash everything first

Feeding

- ☐ Burp cloths or muslins (you'll use lots)
- ☐ Nursing pads and a comfortable nursing bra, if breastfeeding
- ☐ Bottles, nipples and a bottle brush, if bottle feeding
- ☐ Formula as advised by your pediatrician, if using
- ☐ A comfy chair, water bottle and snacks for you

Bath & care

- ☐ 2–3 soft washcloths and a hooded towel
- ☐ Mild, fragrance-free baby wash
- ☐ Plain, fragrance-free moisturizer for dry spots
- ☐ Baby nail file or baby clippers
- ☐ Digital thermometer
- ☐ Soft baby brush or wide-tooth comb

Getting around

- ☐ Rear-facing infant car seat, installed before the due date
- ☐ Baby carrier or stroller
- ☐ Simple diaper bag or backpack

Good to have ready

- ☐ Pediatrician's number, including after-hours line
- ☐ Easy meals in the freezer or a meal rota
- ☐ Water heater set to 120°F (49°C) or lower

Notes
