

BABY ESSENTIALS



Must-Haves for Baby's Arrival

Hospital Essentials

- Your birth plan (if you don't already have one, consider making this a priority)
- Toiletries such as toothbrush, toothpaste, mouthwash, floss, deodorant, cosmetics, hair care items, etc.
- Glasses, glasses case, contact lenses/case, contact lens solution
- Cell phone charger
- A front-opening nightgown or robe (if you're planning to breastfeed)
- Comfortable clothes to wear home (sweatpants/yoga pants are a great choice)
- Supportive bras/nursing bras
- An overnight bag for your birthing partner
- Going home outfit for your baby
- Receiving blanket (bring an extra just in case one gets dirty)
- Car seat (required by law)

Diaper Essentials

- Diapers (cloth or disposable, depending on your preference, newborn size)
- Diaper rash cream
- Baby wipes
- Extra change of clothing, including a hat
- Changing pad
- Diaper pail

Bathing Essentials

- Bathinette or plastic tub
- Soft towels and washcloths
- Hooded towel
- Baby shampoo
- Mild baby soap
- Cup for rinsing

Medicine Essentials

- Digital thermometer (rectal or under the arm)
- Cool mist humidifier
- Nasal saline drops
- Nasal bulb
- Antibacterial cream
- Small bandages
- Safety nail scissors
- Infant acetaminophen (Tylenol). Note that babies under six months should not take most over-the-counter medicine, including ibuprofen and cold/cough medicines. If your newborn is sick and/or running a fever, call their doctor.

Miscellaneous

- Glass or BPA-free bottles with tight-fitting lids and nipples
- Bottle/nipple brush
- Burp cloths
- Nursing pillow
- Breast pump (if breastfeeding)
- Milk storage containers (if breastfeeding)
- Formula (talk to your doctor about recommended brands)
- Crib (with fixed side rails and slats no more than 2 3/8 inches apart)
- Firm mattress
- Snug-fitting crib sheets
- Baby carrier, sling, or wrap
- Baby swing
- Stroller
- Pacifiers
- Six to eight onesies, long and short-sleeved
- Six sleepers
- Three or four swaddling blankets
- One or two lightweight blankets