

## Sleeping

Crib or bassinet - Safe sleeping space for your baby.

Crib mattress - Firm mattress that fits snugly in the crib.

Fitted crib sheets - At least 2-3 for easy changes.

Swaddle blankets - For swaddling your baby to help them sleep.

Sleep sacks - Wearable blankets for safe sleep.

Baby monitor - To keep an eye (and ear) on your baby while they sleep.

## Feeding

Breast pump - For breastfeeding moms to pump milk.

Bottles and nipples - Several bottles and various nipple sizes.

Bottle sterilizer - To keep bottles clean.

Formula - If you're formula feeding.

Burp cloths - For cleaning up spit-up.

Nursing pillow - To support you and your baby during breastfeeding.

High chair - For feeding once your baby starts solids.

Bibs - To keep clothes clean during feedings.

## Diapering

Diapers - Cloth or disposable, in newborn size.

Wipes - For cleaning during diaper changes.

Diaper rash cream - To prevent and treat diaper rash.

Changing table or pad - A safe place for diaper changes.

Diaper pail - To contain dirty diapers.

## Clothing

Onesies - Several in newborn and 0-3 month sizes.

Sleepers - Easy-to-change outfits for bedtime.

Socks and booties - To keep little feet warm.

Hats - For warmth and sun protection.

Mittens - To prevent scratching.

Jackets or sweaters - Depending on the season.





## Bathing

Infant bathtub - For safe and easy baths.

Baby wash and shampoo - Gentle, tear-free formulas.

Hooded towels - To keep your baby warm after baths.

Washcloths - Soft for baby's sensitive skin.

## Health and Safety

Infant car seat - Required for hospital discharge and travel.

Thermometer - For checking baby's temperature.

Nail clippers or emery boards - For trimming tiny nails.

Baby first aid kit - Including essentials like a bulb syringe, thermometer, and baby-friendly medicine.

## Gear and Accessories

Stroller - For walks and outings.

Baby carrier or wrap - To keep your baby close while keeping your hands free.

Diaper bag - To carry all your baby essentials on the go.

Play mat or baby gym - For tummy time and play.

Bouncer or swing - To soothe and entertain your baby.

## Nursery Essentials

Dresser or storage bins - For organizing baby clothes and supplies.

Rocking chair or glider - For feeding and comforting your baby.

White noise machine - To help your baby sleep better.