

# Supply Checklist for a Newborn

## Clothing and bedding

- 3–8 snap-front undershirts
- 3–8 sleepers
- 2 sweaters
- 3–8 bibs
- 1 toque and sunhat for outdoors, depending on the season
- 1–3 pair booties or socks
- 1 one-piece snowsuit with legs for the winter months
- 4–6 receiving blankets
- 2–4 fitted crib/cradle or bassinet sheets
- 3–4 lightweight blankets that can be tucked firmly under all 3 sides of the mattress

## Diapering

- cloth or disposable diapers (newborns will use at least 10 diapers a day)
- diaper pail with lid
- soft washcloths or unscented baby wipes
- changing pad
- barrier cream

## Bathing and body care supplies

- mild, unscented soap and shampoo
- soft brush
- towels and soft washcloths
- emery board—not nail clippers
- plastic baby tub
- digital thermometer—for use under the arm

## Baby gear

- crib, cradle or bassinet
- rear-facing car seat

## Other supplies

- cloth baby carrier, sling or a stroller that meets today's safety standards
- nursing bras—buy them a month or less before your baby's due date to make sure they fit
- cotton breast pads
- laundry hamper
- diaper bag
- dresser/change table

## Other items I might need:

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### What's in your diaper bag?

#### Here are a few things you might want to have in your diaper bag:

- extra diapers
- barrier cream
- unscented baby wipes
- hand sanitizer
- changing pad
- plastic bag
- extra breast pads
- containers with breastmilk or formula
- change of clothes
- light blanket