



## Preparing for Your Baby's Arrival

### *Complete checklist of everything you will need*

#### **Nursery Equipment**

- 1 crib or bassinet
- 1 mattress
- 5 fitted sheets
- 2 sleeping bags
- 1 crib bumper
- 1 baby monitor
- 12 white towels
- An impregnated mosquito net
- Sleepsacks or swaddles

#### **Baby's Bathing Supplies**

- 1 bathtub
- 1 bathrobe
- Baby nail scissors
- 1 bath thermometer
- 1 baby thermometer
- Baby moisturizing cream / almond oil
- 1 hairbrush
- 1 nasal aspirator
- 1 hooded towel
- Basic baby medications (Paracetamol, Bepanthen)
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#### **Baby's Clothing**

- 3 newborn-size pajamas
- 8 0-3 months-size pajamas
- 10 0-3 months-size onesies
- 8 pairs of socks
- 5 pairs of booties
- 5 cotton hats



- 8 bibs
- 2 pairs of mittens

### **Diapering Essentials**

- 1 changing table
- 1 changing pad
- 1 diaper bag
- Disposable or cloth diapers
- Wipes
- Diaper rash cream
- Diaper pail or disposable diaper disposal system

### **Feeding and Nursing**

- Bottles and nipples (if not exclusively breastfeeding)
- Formula milk (if not exclusively breastfeeding)
- Nursing pillow (if breastfeeding)
- Nursing bras

### **Travel Gear**

- Stroller and/or baby carrier
- Baby car seat (compliant with current safety standards)