zalando

Checklist: Newborn Baby Essentials

Baby essentials – clothing

- ○ 4 – 6 babygrows *0 – 3 months*
- ○ 3 – 4 undershirts / onesies *0 – 3 months*
- ○ 4 – 6 tops (wrap-around tops) *0 – 3 months*

Top tip: Avoid buttons or zips on the back

- ○ 2 – 6 newborn socks or woollen shoes (smallest size)
- ○ 1 – 2 light cardigans
- ○ 3 pairs of trousers
- ○ 1 – 2 cotton or jersey hats for indoors
- ○ 3 sleepsuits / pyjamas *0 – 3 months*
- ○ Sunhat

Seasonal items:

- ○ 6 jumpers, t-shirts or cardigans
- ○ 2 pairs of warm socks
- ○ 3 – 4 pairs of baby tights / leggings
- ○ A warm hat
- ○ 1 – 2 baby overalls or 1 – 2 padded, hooded suits
- ○ A pair of gloves
- ○ A soft, cuddly blanket

Baby essentials – mealtimes

- ○ 2 – 3 nursing bras (buy one to two sizes bigger)
- ○ Nursing nightwear, nursing tops
- ○ A nursing pillow
- ○ Min. 1 pack of nursing pads
- ○ 2 baby bottles
- ○ Optional – a breast pump

Baby's bottle feed

- ○ 6 milk bottles with teats
- ○ 4 – 6 bottles
- ○ A bottle brush
- ○ A bottle warmer
- ○ A thermos flask for boiled water
- ○ Bottle steriliser
- ○ Min. 1 pack of formula
- ○ 3 – 4 burp cloths / dribble bibs
- ○ Optional – dummies

Baby essentials – changing

- ○ A changing unit or changing table
- ○ A changing mat with soft cover
- ○ A nappy bin with lid / nappy disposal unit
- ○ 1 pack of disposable nappies (size according to weight)

Alternatively:

- ○ 25 cloth / reusable nappies
- ○ 1 pack of nappy liners
- ○ 6 pairs of pants / nappy covers
- ○ Nappy rash cream
- ○ 2 – 3 packs of sensitive baby wipes
- ○ Baby oil
- ○ Water bowl and soft flannels
- ○ Mild cleanser for the water
- ○ Optional – 1 heat lamp

Baby essentials – sleeping

- ○ 1 cradle, bassinet or crib

Important: Check the manufacturing and quality label for the safety of your baby

- ○ 1 mattress
- ○ 2 cotton mattress topper
- ○ 2 – 3 fitted sheets
- ○ 1 absorbent mattress protector
- ○ 2 – 3 baby sleeping bags
- ○ No pillow, no duvet, but a light, soft blanket
- ○ 1 baby monitor
- ○ 1 music box
- ○ Optional – baby cradle or hammock
- ○ Optional – 2 dummies

Baby essentials – bath time

- ○ 2 soft terry bath towels or hooded towels
- ○ 1 soft, thin muslin wash cloths
- ○ 1 baby bath
- ○ 1 bath thermometer
- ○ 1 baby thermometer
- ○ Baby nail scissors / clippers
- ○ Mild baby bath soap
- ○ 1 – 2 hooded baby towels
- ○ Mild baby cream or baby lotion
- ○ 1 soft baby brush / comb
- ○ Optional – cotton buds

Baby essentials – out and about

- ○ A pram
- ○ A pram rain cover
- ○ A car seat
- ○ A foot muff (differently lined depending on the season)
- ○ A baby blanket
- ○ A soothing cloth
- ○ A changing bag or rucksack
- ○ A changing mat
- ○ Optional – dummies (smallest size)
- ○ Optional – dummy clips
- ○ Optional – baby sling / carrier
- ○ Optional – rattle or toy

Seasonal items:

- ○ Sunshade / canopy for the pram
- ○ Sunshade for the car
- ○ A sheepskin rug / comforter