LITTLE STLAS

Newborn Essentials Checklist

BIRTH TO 3 MONTHS • Buy the basics. Add more when you need it.

Need = still to arrange | Have = already owned / gifted / borrowed | Buy Later = revisit if needed. Starting amounts are intentionally small.

01 BABY CLOTHING

ITEM	START WITH	NEED	HAVE	BUY LATER	NOTES / SAVINGS
Short-sleeve bodysuits	3–4	☐	☐	☐	Avoid stocking up on newborn sizes.
Long-sleeve bodysuits	2–3	☐	☐	☐	Choose based on season.
Footed sleepers / pajamas	3–4	☐	☐	☐	Two-way zippers ease diaper changes.
Socks	2–3 pairs	☐	☐	☐	Footed sleepers may reduce the need.
Soft outdoor hat	1	☐	☐	☐	Weather-dependent; remove indoors.
Weather-appropriate outerwear	1	☐	☐	☐	Avoid bulky layers under car-seat straps.
Scratch mittens (optional)	—	☐	☐	☐	Fold-over sleeves may work instead.

02 DIAPERING & CHANGING

ITEM	START WITH	NEED	HAVE	BUY LATER	NOTES / SAVINGS
Newborn diapers	1 small pack	☐	☐	☐	Check fit before buying in bulk.
Baby wipes	1–2 packs	☐	☐	☐	Fragrance-free is a good starting point.
Diaper rash cream	1	☐	☐	☐	A basic barrier cream is sufficient.
Changing pad / washable surface	1	☐	☐	☐	A separate changing table is not needed.
Portable changing mat (optional)	—	☐	☐	☐	Can also serve as a home changing pad.
Diaper caddy (optional)	—	☐	☐	☐	Use an existing basket.
Diaper pail (optional)	—	☐	☐	☐	A lidded trash can may work.
Disposable changing liners (optional)	—	☐	☐	☐	Washable liners are an alternative.

03 FEEDING

ITEM	START WITH	NEED	HAVE	BUY LATER	NOTES / SAVINGS
Burp cloths / muslin cloths	4–6	☐	☐	☐	Useful for burping and cleanup.
Baby bottles	2–4 if needed	☐	☐	☐	Try a few before buying a large set.
Slow-flow bottle nipples	As needed	☐	☐	☐	Check bottle compatibility.
Infant formula	If needed	☐	☐	☐	Avoid stockpiling before knowing what suits baby.
Bottle cleaning brush	1 if needed	☐	☐	☐	A simple dedicated brush works.
Bibs (optional)	2	☐	☐	☐	Burp cloths may be enough initially.
Pacifiers (optional)	1–2	☐	☐	☐	Start small; preferences vary.
Bottle drying rack (optional)	—	☐	☐	☐	A clean, dedicated drying area can work.
Bottle warmer (optional)	—	☐	☐	☐	Some babies take room-temperature milk.
Bottle sterilizer (optional)	—	☐	☐	☐	Other sanitizing methods are available.
Formula dispenser (optional)	—	☐	☐	☐	Most useful for frequent outings.

04 SLEEP & NURSERY

ITEM	START WITH	NEED	HAVE	BUY LATER	NOTES / SAVINGS
Safety-compliant crib or bassinet	1	☐	☐	☐	A standard model is sufficient.
Firm, fitted mattress	If not included	☐	☐	☐	Use mattress specified for sleep space.
Fitted sheets	2	☐	☐	☐	Skip decorative bedding sets.
Wearable sleep sacks	1–2	☐	☐	☐	Choose appropriate size and warmth.
Swaddle blankets (optional)	1–2	☐	☐	☐	Stop at signs of attempting to roll.
Baby monitor (optional)	—	☐	☐	☐	May not be needed in a small home.
White noise machine (optional)	—	☐	☐	☐	Keep low volume, away from crib.
Blackout curtains (optional)	—	☐	☐	☐	Existing curtains may be enough.
Night light (optional)	—	☐	☐	☐	A dim lamp may work.
Rocking chair / glider (optional)	—	☐	☐	☐	Use a comfortable existing chair.

05 BATH & SKINCARE

ITEM	START WITH	NEED	HAVE	BUY LATER	NOTES / SAVINGS
Baby bathtub / safe bathing setup	1	☐	☐	☐	Choose a simple, stable setup.
Soft washcloths	3–4	☐	☐	☐	Regular soft washcloths work.
Baby towels	2	☐	☐	☐	Hooded towels are not required.
Gentle baby wash / shampoo	1	☐	☐	☐	Choose a mild, fragrance-free option.
Fragrance-free baby lotion	1	☐	☐	☐	A basic moisturizer; use as needed.
Soft hairbrush / comb (optional)	—	☐	☐	☐	Not needed for every newborn.
Bath thermometer (optional)	—	☐	☐	☐	Check water warmth carefully without one.

06 HEALTH & GROOMING

ITEM	START WITH	NEED	HAVE	BUY LATER	NOTES / SAVINGS
Digital thermometer	1	☐	☐	☐	Choose one suitable for infants.
Baby nail clippers / nail file	1	☐	☐	☐	A simple nail file is an alternative.
Nasal aspirator	1	☐	☐	☐	A basic bulb syringe may be enough.
Saline nasal drops	1	☐	☐	☐	Choose plain saline for infants.
Oral medicine syringe (if needed)	—	☐	☐	☐	Often provided with prescribed medicine.
Cool-mist humidifier (optional)	—	☐	☐	☐	Requires regular cleaning.
Baby first-aid kit (optional)	—	☐	☐	☐	Individual supplies may cost less.

07 TRAVEL & OUTINGS

ITEM	START WITH	NEED	HAVE	BUY LATER	NOTES / SAVINGS
Rear-facing car seat	1 if using car	☐	☐	☐	Check installation, history and recalls.
Stroller	If needed	☐	☐	☐	Consider daily routine and storage.
Diaper bag / backpack	1	☐	☐	☐	An existing backpack may work.
Baby carrier (optional)	—	☐	☐	☐	Try one before buying multiple styles.

ITEM	START WITH	NEED	HAVE	BUY LATER	NOTES / SAVINGS
Stroller rain cover (optional)	—	☐	☐	☐	Buy only if outings require it.
Stroller fan (optional)	—	☐	☐	☐	Does not replace heat precautions.
Stroller organizer (optional)	—	☐	☐	☐	Check stroller storage first.
Car seat mirror (optional)	—	☐	☐	☐	Avoid accessories that affect safety.
Portable travel crib (if needed)	—	☐	☐	☐	Only for a separate travel sleep space.

08 PLAY & DEVELOPMENT

ITEM	START WITH	NEED	HAVE	BUY LATER	NOTES / SAVINGS
Tummy-time mat / clean blanket	1	☐	☐	☐	A clean floor blanket works.
High-contrast cards / book (optional)	1 set	☐	☐	☐	Simple pictures are sufficient.
Baby books (optional)	1–2	☐	☐	☐	Library books are an alternative.
Baby-safe mirror (optional)	—	☐	☐	☐	Use one designed for infant play.
Activity gym (optional)	—	☐	☐	☐	Not required for tummy time.
Baby bouncer (optional)	—	☐	☐	☐	Awake and supervised only; not for sleep.
Soft rattles (optional)	—	☐	☐	☐	Can wait until baby shows interest.
Soft toys (optional)	—	☐	☐	☐	Keep out of sleep space.

09 LAUNDRY & ORGANIZATION

ITEM	START WITH	NEED	HAVE	BUY LATER	NOTES / SAVINGS
Gentle fragrance-free detergent	1	☐	☐	☐	Separate baby detergent usually not needed.
Laundry basket	1	☐	☐	☐	Use one you already own.
Storage baskets (optional)	—	☐	☐	☐	Repurpose existing organizers.
Mesh laundry bag (optional)	—	☐	☐	☐	Helpful for small items, not essential.
Stain remover (optional)	—	☐	☐	☐	Start with regular laundry routine.
Waterproof changing-pad covers (optional)	—	☐	☐	☐	Wipe-clean pads may eliminate need.

IMPORTANT NEWBORN SAFETY REMINDERS

Sleep: Place baby on their back on a firm, flat, safety-compliant sleep surface with a fitted sheet only. No loose blankets, pillows, bumpers, or toys.
Car travel: Use an appropriately sized, properly installed rear-facing car seat. Avoid bulky layers under the harness.
Feeding: Clean bottles and feeding parts thoroughly. Daily sanitizing is particularly important for babies under 2 months, premature babies, or babies with weakened immunity.
Fever: A temperature of 100.4°F (38°C) or higher in a baby younger than 3 months requires immediate medical advice.
Bathing: Never leave a baby unattended in water. Check recalls and safety history before using secondhand baby gear.