Alberta Health Services

Healthy Parents Healthy Children

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

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