

# What You'll Need for You & Baby

Below is a list of some common supplies you might need for your baby. It's easy to be overwhelmed by all the choices! There are only a few things that are absolute must-haves (such as a car seat and a safe place to sleep), while many items on this list might make life easier and more comfortable, but are not absolutely necessary. Most parents borrow some baby equipment or buy it secondhand which is a great way to save money, but just keep in mind safety first--don't use any damaged or recalled items that could be dangerous.

## Sleeping

- Bassinet, crib or Pack n Play
- Crib mattress and sheets
- Waterproof mattress pad
- Swaddle or swaddling blankets
- Sleep sack

## Feeding

- Burp cloths
- Bibs
- Bottles
- Bottle brushes

## Bathing

- Baby bathtub/seat
- Towels
- Wash cloths
- Baby soap

## Safety & Health

- Car seat
- Baby thermometer
- Nail clippers/nail file
- Nasal bulb syringe

## Diapering

- Diapers
- Baby wipes
- Diaper rash ointment

## Clothing

- One-piece outfits
- Shirts
- Pants
- Pajamas/footie sleepers
- Socks and booties
- Hats

## Breastfeeding Supplies

- Breast pump
- Nursing pillow
- Nursing bras
- Nursing pads
- Breast milk storage bags
- Lanolin ointment

## Other nice-to-have items:

- Stroller
- Diaper pail
- Changing pad
- Baby carrier or wrap
- Activity mat
- Diaper bag