

Shopping considerations

sleep essentials

- Cot or bassinet
- Fitted sheets (2-3)
- Waterproof mattress protector (2)
- Swaddles or sleeping bags (3-4)
- Baby monitor
- White noise machine
- Mobile for the cot
- Nightlight

feeding gear

- Bottles and teats
- Breast pump (manual or electric)
- Breast pads (reusable or disposable)
- Nipple cream
- Formula (if using)
- Bibs (8-10)
- Burp cloths (6-8)
- Steriliser (if using)

- Bottle warmer
- Highchair
- Baby feeding set: spoons, bowls, and sippy cups

nappy changing

- Disposable or cloth nappies
- Wipes
- Nappy rash cream
- Change mat or changing table
- Nappy bag
- Nappy bin
- Reusable nappy liners (if using cloth nappies)

bath time

- Baby bathtub (and rinse cup)
- Soft washcloths (4-6)
- Hooded towels
- Gentle baby wash and shampoo
- Baby moisturiser or oil
- Bath thermometer

clothing

- Onesies (6-10, short and long-sleeve)
- Singlets or bodysuits (6-8)
- Stretchy pants or leggings (4-6)
- Socks and booties (4-6 pairs)
- Hats: 1 for warmth, 1 for sun protection
- Cardigans or jackets (2-3)
- Mittens
- Other weather-specific items

out and about

- Pram or stroller
- Car seat (ensure it meets safety regulations)
- Baby carrier or wrap
- Travel cot
- Rain cover and sunshade
- Portable change mat
- Clip-on pram accessories

health and safety

- First aid kit (baby-specific)
- Digital thermometer
- Nail scissors or clippers

- Nasal aspirator or baby nasal spray
- Baby toothbrush and toothpaste
- Outlet covers and baby-proofing supplies
- Baby-safe insect repellent
- Teething toys

play and soothe

- Soft toys and rattles
- Activity mat or baby gym
- Pacifiers/soothers
- Books: Board books and fabric books are ideal for babies.
- Bouncer or swing
- Baby playpen

extras

- Nursing pillow
- Rocking chair