



NEW baby CHECKLIST



FOR PERSONAL USE ONLY, NOT FOR RESALE OR DISTRIBUTION.

furniture

- Bassinet + mattress
- Changing table with pad
- Crib + mattress
- Dresser
- Bookshelf
- Hamper
- Rocking chair
- Toy chest/bin

GREEN TIP: Choose natural wood products with non-toxic materials.

linens

- 3 - 4 bassinet sheets
- 3 - 4 crib sheets
- 2 waterproof mattress pads
- 2 - 3 changing pad covers
- 6 - 12 burping cloths
- 2 receiving blankets
- 2 bath towels
- 2 - 4 swaddling towels
- 4 - 6 wash cloths
- 2 crib blankets or comforters
- 2 - 4 stroller/carriage blankets

GREEN TIP: Choose 100% certified organic cotton or bamboo linens and hang linens to dry when possible.

clothing

- 4 - 6 bibs
- No-scratch mittens
- 10 - 12 pairs of socks/booties
- 4 - 6 onesies
- 4 - 6 undershirts
- 4 - 6 sleepers
- 2 - 4 sweaters
- 4 - 6 t-shirts
- 4 - 6 pairs of pants
- Snowsuit, if climate requires
- 3 - 4 hats

GREEN TIP: Choose 100% certified organic cotton or bamboo clothing and hang clothes to dry when possible.

changing

- Newborn diapers
- Wipes
- Diaper rash ointment
- Diaper bag with changing pad
- Diaper pail and liners

GREEN TIP: Choose sustainable diaper options that are made from renewable materials and don't contain added dyes, fragrance or polyvinyl chloride. You can also try reusable covers with 100 percent biodegradable inserts as well as reusable wipes with a wet-bag in place of disposables.

grooming

- Baby powder
- Cotton swabs
- Gentle baby soap
- Gentle shampoo
- Laundry detergent for sensitive skin
- Blunt nail scissors
- Soft brush and comb set

GREEN TIP: Choose soaps and shampoos made with all-natural ingredients that are don't contain phthalates, parabens, petrolatum, or SLS. Be sure they are pediatrician-tested and hypo-allergenic.

health & safety

- First-aid kit
- Thermometer
- Vaporizer or humidifier
- Nasal aspirator
- Infant Tylenol
- Saline spray
- Vitamin D drops
- Safety gates, cabinet and drawer latches, and outlet covers.
- Night light

GREEN TIP: Choose solar powered night lights or LED bulbs.

gear

- Audio or video baby monitor
- Baby sling or front carrier
- Portable play pen
- Infant bathtub
- Bouncer seat or swing
- Baby clothing hangers
- Infant or convertible car seat
- Stroller
- Baby gym or play mat
- Soft toys and books

GREEN TIP: Select items that are made with natural and chemical-free materials.

feeding

- Bottle brush
- 4 - 6 bottles (4 to 5 ounces)
- Bottle sterilizer
- Formula, if using
- Infant feeding spoons and bowls
- Insulated bottle carrier
- Nipples for bottles
- 4 - 6 pacifiers, if using
- Sippy cups

GREEN TIP: Use BPA-, lead- and PVC-free plastic bottles. If choosing glass, choose something with shock-absorbing silicone sleeves to avoid breakages.

nursing

- Breast pads
- 2 - 4 nursing bras
- Breastfeeding pillow
- Nipple cream
- Breast pump + accessories
- Nursing cover



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