

Baby Checklist

Checklist · 30 items · 7 sections

Everything you need before baby arrives. Covers nursery essentials, newborn clothing, feeding supplies, safety gear, and postpartum needs: organized to avoid overwhelm.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/baby-checklist>

SLEEPING

- Crib or bassinet with firm, flat mattress

HIGH

AAP safe sleep: firm mattress, no pillows/blankets/bumpers, baby on back

- Fitted crib sheets (2-3)

HIGH

- Waterproof mattress cover

HIGH

- Sleep sacks / wearable blankets (2-3): safer than loose blankets

HIGH

- Baby monitor (audio or video)

HIGH

- White noise machine

TRAVEL & SAFETY

- Infant car seat: installed and inspected before due date

HIGH

Hospital won't discharge baby without installed car seat. Check for free inspection stations

- Stroller compatible with infant car seat

HIGH

- Baby carrier or wrap

HEALTH & GROOMING

- Baby nail file or clippers

HIGH

Newborn nails grow fast and are sharp: file or use soft clippers

- Rectal thermometer (most accurate for infants)

HIGH

- Nasal aspirator (Frida NoseFrida is highly recommended)

HIGH

- Baby wash, shampoo, and lotion (fragrance-free)

HIGH

- Infant bathtub

CLOTHING

- Newborn onesies (6-8) in newborn AND 0-3 month sizes

HIGH

Many babies skip newborn size: don't over-buy. Focus on 0-3 month

- Sleepers / footie pajamas (4-5)

HIGH

- Hats and socks

- Swaddle blankets (3-4): muslin or stretchy

HIGH

FEEDING

- Bottles (4-6): even if breastfeeding, have some for pumped milk

HIGH

- Breast pump (covered by most insurance: order before birth)

HIGH

- Nursing pillow (Boppy or My Brest Friend)

HIGH

- Burp cloths (8-10): you'll use more than you expect

HIGH

- Infant formula (one can as backup even if planning to breastfeed)

DIAPERING

- Diapers: size Newborn and Size 1 (buy both, don't overbuy newborn)

HIGH

- Baby wipes (unscented, fragrance-free)

HIGH

- Diaper rash cream (Desitin or Aquaphor)

HIGH

- Changing pad with waterproof cover

HIGH

- Diaper bag

HIGH

MEDICAL

- Pediatrician selected and first appointment scheduled (within 3-5 days of birth)

HIGH

- Add baby to health insurance within 30 days of birth

HIGH

Most plans require adding newborn within 30 days: missing this window can leave baby uninsured