

# Infant Supply List for Parents

Supply List · 35 items · 10 sections

The practical infant supply list new parents actually need. Cuts through the noise of baby marketing to focus on what your newborn will genuinely use.

Open the editable version online:

<https://genechecklist.com/checklist/infant-supply-list-for-parents>

## SAFETY & TRANSPORT

- Infant car seat (rear-facing, installed before due date)

HIGH

*Hospital won't discharge without it. Have it inspected at a fire station for correct installation*

## SLEEP

- Safe sleep space: firm, flat bassinet or crib (no bumpers)

HIGH

*AAP recommends firm, flat surface: no inclined sleepers*

- 2-4 fitted crib or bassinet sheets

HIGH

- 4-6 swaddle blankets (muslin, large 47x47")

HIGH

- 2-3 sleep sacks (wearable blanket, age-appropriate tog)

HIGH

- White noise machine

HIGH

*One of the highest-impact purchases for new parents*

## CLOTHING

- Newborn-size onesies short-sleeve (6-8 pack)

HIGH

*Buy only a few NB: most babies outgrow in 2-4 weeks*

- Long-sleeve onesies 0-3 months (6-8 pack)

HIGH

- Footed pajamas / sleepers 0-3 months (4-6 pack)

HIGH

- Soft scratch mittens (2-3 pairs)

- Hats (soft cotton, 2-3)

## FEEDING

- Bottles (4-6 oz, 4-6 bottles): even if breastfeeding  
HIGH
- Bottle brush + drying rack  
HIGH
- Breast pump (often covered 100% by insurance: call insurer first)  
HIGH
- Nursing bras (2-3) and breast pads  
HIGH
- Burp cloths (8-10: you will always need more than you think)  
HIGH
- Infant formula (if not breastfeeding: ask pediatrician about type)  
HIGH

## DIAPERING

- Newborn diapers (1 small pack: don't overstock NB size)  
HIGH  
*Stock up on Size 1 and 2 instead: babies outgrow NB in days to weeks*
- Size 1 diapers (2-3 packs of 90+)  
HIGH
- Unscented baby wipes (bulk pack)  
HIGH
- Diaper rash cream (Desitin or Aquaphor)  
HIGH
- Changing pad + 3-4 changing pad covers  
HIGH
- Diaper pail + refill bags

## BATHING

- Baby bathtub (infant insert for full-size tub)  
HIGH
- Fragrance-free baby wash and shampoo  
HIGH
- Soft hooded towels (2-3)  
HIGH

- Baby nail file and clippers (file safer for newborns)

## TRANSPORT

- Stroller (compatible with infant car seat: travel system saves money)

HIGH

- Baby carrier or wrap (frees your hands, supports bonding)

HIGH

## SAFETY

- Baby monitor (video helpful for peace of mind)

## HEALTH

- Rectal thermometer (most accurate for infants)

HIGH

- Infant gas drops (simethicone) and gripe water

- Nasal aspirator (Frida NoseFrida is highly rated)

HIGH

## SOOTHING

- Pacifiers (2-3 to try different shapes: baby decides)

- Bouncer or swing (one or the other: not both needed at first)