



The Center for New & Expectant Parents

## Layette List

### Clothes

- 4–6 kimono-style undershirts newborn size
- 4 onesies, 0-3 size
- 8–10 sleepers with feet  
and/or convertible gowns
- 2 sweaters or jackets
- 6 pair booties/socks
- Scratch mitts
- 3 drool bibs
- 2–4 hats

### Diapering Items

- Cloth and/or disposable diapers
- 2 packs of gauze wipes
- Barrier diaper cream
- Diaper bin and refills
- 6 waterproof lap pads, Chux
- Changing pad and 2–3 covers

### Bathing & Health

- 4 wash cloths or natural sponge
- 2–3 hooded bath towels
- Gentle shampoo/ bodywash
- Baby bathtub
- Nail scissors
- Rectal thermometer
- Bulb syringe/nasal aspirator
- Pacifier (optional)
- Infant health & grooming kit
- Sensitive laundry detergent

### Travel

- Car seat
- Stroller
- Baby carrier and/or sling/wrap
- Rear-facing car mirror
- Diaper bag & wipes
- Infant head support for car seat
- Car window sun shade
- Travel bed
- Bunting for stroller & car seat

### Sleep

- Organic cotton crib mattress
- Waterproof pads:  
2 crib size, 2 bassinet size
- 3–4 bassinet and crib sheets
- 3 receiving blankets
- 3 swaddles
- Bassinet or co-sleeper
- Digital monitor
- Air purifier/humidifier
- White-noise maker
- Night light

### Breastfeeding

- 2– 3-day nursing bras or tanks
- 1-2 sleep nursing bras
- Nursing pillow
- Glider or rocking chair
- Nursing footstool
- Nursing cover
- 6–8 pairs of washable bra pads
- 1 box of 30 disposable bra pads
- Nipple cream
- New Mother's Essentials  
Vitamin & Mineral Supplement™

### Bottle feeding/ Pumping

- Breastpump
- Hands-free pumping bustier
- Bottle starter set
- Drying rack
- Bottle brush
- 4–6 burp cloths (cloth diapers)
- Bottle warmer
- Microsteam clean bags

### Play

- Mobile
- Baby mirror
- Swing or bouncy seat
- Gymini or baby gym
- Board books



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## Going to the Hospital and for the Early Days at Home

### Hospital Bag

- Relaxation items, meditation CD,  
music, books, etc.
- Warm socks
- Massage oil
- Chapstick
- Hard candy (like Preggie Pops)
- Glasses or contact lens care
- Snacks for partner
- Camera, extra batteries
- List of phone numbers to call
- Change of clothes (his/hers/baby)
- Nursing bra/tank, nursing pads,  
nipple cream
- Nightgown that opens for nursing
- Single-use disposable panties
- Slippers
- Going-home clothes for baby & mom  
(second trimester clothes)
- Car seat (install before labor!)

### Birth Recovery

- Single-use panties
- Feme Pad blue-ice pack
- Postpartum support belt
- Stiz bath or spray
- Stretch mark cream
- New Mother's Essentials  
Vitamins & Minerals™

### C-section Recovery

- C-Panty silicon dressing
- Incision healing salve
- C-section recovery book
- Pumpin Pal tilted flanges for breast pump
- Postpartum belly binder
- New Mother's Essential  
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