

Minimalist Baby Needs Checklist

Clothing:

- 6–8 newborn or 0–3 month sleepers
- 4 muslin swaddles

Breastfeeding/Pumping essentials:

- Nipple cream
- Reusable or disposable nursing pads
- Collection cup
- A few comfy nursing bras or tanks
- A breast pump
- 2–3 bottles
- A drying rack, mat, or clean towel
- Freezer bags

Diapering:

- One box of newborn diapers
- Wipes
- Diaper cream
- A changing pad
- Infant Tub or safe washing area
- Baby Soap and Lotion

Sleep:

- Bassinet or crib
- Optional: sleep sacks

Getting Around:

- Car seat
- Stroller
- Wearable Baby Carrier

Postpartum:

For recovery & comfort:

- High-waisted, comfortable underwear
- Large pads or postpartum briefs
- Peri bottle
- Ice packs or cooling pads)
- Loose, breathable clothing
- A cozy robe or oversized button-down

For rest & nourishment:

- Water Bottle
- Easy Snacks
- Prenatal Vitamins
- A basket for feeding and postpartum essentials

