

BABY SHOPPING LIST

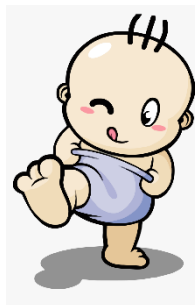
This is only a guide; you can pick and choose whatever you prefer. Quantities for each item are dependent on you.

SLEEP TIME

- **6 x Cot sheet** (It's usually a pack of 5 or 6. It's 5 small-sized ones and 1 big one. Some are 6 small-sized. They'll let you know which is which at the shop so you know which fits your cot/mattress size.)
- **1 x cot** (I got the type that had a small cot and also adjustable levels for the mattress so the cot could grow with the baby. He slept)
- **1 x mosquito net** (one for the hospital. Some hospitals provide this. Check with your hospital)
- **1 x Blanket for laying bed (small cot, only if you got this)**
- **1 x Blanket for laying bed (bigger cot, only if you got this)**
- **1 x mattress (small cot)**
- **1 x mattress (bigger cot)**
- **1 x cot bumper** (Optional; some say this is a suffocation hazard. Both my kids did not like it so was a wasted purchase for us but it is totally up to you to decide on)
- **1 x Music mobile** (optional; I didn't consider it optional though so I bought it. Was very helpful keeping my baby entertained so I could get other things done. Some have parts you can remove and hang in car to entertain them on trips as well)



**For Mattresses, check if what is on sale at the shop is same size as your cot. Alternatively you can go to a mattress shop with your cot dimensions (measure inside the cot, not outside it) and order a mattress. That's what we did. Used that mattress till he was 2 years and over.*



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BATHE TIME

- **2 x bottle Top-to-toe Baby wash (or bath soap and shampoo)**
- **2 x Baby sponge**
- **1 pack x Hooded towel** (It's a pack of 2)
- **4 x Face towel**
- **1 pack x cotton buds** (for cleaning nostrils or outside the ear but *NEVER* inside the ear)
- **1 x Digital Thermometer**
- **1 x manicure set**
- **1 x Nasal Aspirator** (for blocked nose)
- **1 x Baby comb set**
- **1 x Baby brush with comb set** (Only used the brush. Comb's teeth were too close together for baby's hair)
- **1 x Afro comb or regular comb** (Optional - My boy used this from birth because the baby comb was too small for his hair)
- **1 bottle x Disinfectant/Antiseptic** (I got Savlon 500ml)
- **1 x Baby bath tub set**
- **1 x Baby wardrobe/set of drawers** (for clothing storage)
- **2 x unscented Shea butter** (or preferred baby lotion)
- **1 x Baby oil** (I only bought this because it was on my hospital list. They used it to clean baby at birth but I did not use it when I got home)
- **1 x Plastic rack or basket for keeping bath items** (optional; helped keep everything in one place for dressing baby)



**Powder - personally did not use this. Some babies react so even hospitals have stopped asking for it, but you can buy and keep for later if you like.*

**If you don't have a water heater, you may need to get a Kettle for hot water for Bathing the baby*

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CLOTHING

- **4 x Welcome dress** (They wear this the first few days to allow air pass on the umbilical cord so it can dry faster and fall off. Most shops call it Jasmine because that brand is common. They come in sizes. I bought a mix of size 1, 2 and 4. 1 each of sizes 1 and 4 but 2 of the size 2. I wish someone would've gave told me before I bought only size 1 for my boy and it did not fit)
- **12 x Socks** (I bought in different sizes. 0- 6 months and 0-12 months mix....6 of each)
- **4 x hats/mittens/socks** (they usually have a set of hat, mittens and socks)
- **6 x 0-3 months- size bodysuits** (it's a pack of 5/6. Some brands' texture are more cotton to feel than others. Bought a mix from newborn to about 6 months because they grow so quickly. So I actually did more than 1 pack. I stocked up:
 - 1 x pack newborn
 - 1 x 0-3 months
 - 1 x pack 3-6 months
 - 1 x pack 6 months/ 6 - 9 months
 (Remember each pack had 6)
- **2 packs x Sleepsuits/long-sleeved footed onesie** (it's 3 in a pack. Did similar thing with the sizes. Bought 2 of each size. 3 pcs per pack so it was 6 outfits in each size. Saved me going back to baby shops every few days/weeks)
- **1 pack x 0-3 months undershirts** (it's a pack of 6. There's sleeveless and usually white, sometimes has design on chest. Babies wear this under their clothes on cold days or wear it instead of clothes on hot days. I bought 1 pack of 3-6 months size in addition to this)
- **4 x swaddling blanket** (It is a pack of 4. For swaddling baby. Some are big enough to use to carry the baby at your back, if that's your thing)
- **1 x white woollen blanket** (More for Christening or naming. This type is generally too hot and uncomfortable for babies. I bought this type of blanket for the Christening rather but not for everyday use)
- **1 or 2 pack(s) x Washcloth/ burp cloth** (Some shops call this **Baby mouth towel**' (for cleaning spittle/drooling. Sold in pack of 6-10. If it's 6 in a pack, you could buy two packs)



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FEEDING

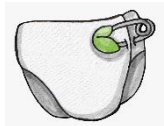


- **8-10 x cloth bibs** (they usually use for bottle-feeding and drooling not needed for breastfeeding. But some people like to let them wear it from 1month for drooling, spit up, etc.)
- **3 x 150ml Feeding bottles**
- **3 x 250ml Feeding bottles**
- **1 x Electric Bottle sterilizer** (*Optional; you can use sterilizing tablets instead but I used the electric one with my first but sterilizing tablets with my second*)
- **1 x Bottle warmer** (*optional; but I considered it an essential and never regretted it*)
- **1 x breast pump** (Manual seems to work better than electric for stimulation when are trying to get your milk to come in right after delivery. But electric seems to express faster later. Some people get both. I did Manual only and it worked just fine)
- **Milk storage pots or milk storage bags** (For storing expressed milk. (I used storage cups and later transitioned them for use for solids. Was also easy to warm food in them using my bottle warmer. With my second, I used the milk storage bags though but still used the storage cups for solids)
- **1 box x Milton tablets** (in place of electric sterilizer. Also helpful for use during your hospital stay, since you cannot take an electric sterilizer along)



DIAPERING

- **1 pack x Diapers 3 - 6kg size** (Disposable, but some people prefer cloth diapers)
- **1 pack x Diapers 2 - 3.5kg size** (newborn - Please don't stock **too** many newborn size diapers till you know the weight of your baby when you are almost due. Some babies are born big and never fit in newborn diapers. Had that experience with my first.)
- **10pcs x water wipes/unscented wipe** (or you could get a box of 10 or 12)
- **1 x Diaper rash cream** (I used Sudocrem brand. There are other ones though but I totally loved this one)
- **1 pack x diaper disposal bags** (Plastic bags for disposing of dirty diapers. Or you could use the regular coloured small-size plastic bags)



**I alternate between the Shea butter and diaper rash cream for changing diapers*

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LAUNDRY



- **2 x 1kg Laundry detergent** (I started with baby detergent but later realised any mild detergent was just as good and less costly so I switched to regular detergent but mild)
- **1 x Fabric softener** (mildly scented. I used this more for myself than my baby though)
- **1 x pack Clothes pins/Pegs** (somehow these miraculously reduce in quantity with each use)
- **1 x Laundry basket** (Any simple small-size laundry basket with holes for aeration works. I switched to a plastic one from the fabric type because most of the clothes go in damp anyway)
- **1 x Plastic Airer** (if for any reason you don't want to use the drying line you use for yourself)
- **1 x bleach**
- **1 x Disinfectant**

TRAVELLING/OUTING

- **1 x Diaper bag** (changing mat inclusive usually)
- **1 x Car seat** (please check weight. 0kg - 18/20kgs is great. That's like up to two years old. baby in, then that's the smaller size which also helps rock baby)
- **1 x Baby carrier** (optional) (I feel like it generally takes babies time to get used to th so I waited till baby was here to get one. Got one as a gift though so I ended up not buying.... my boy really hated it for a long long time and my girl doesn't even want to see it)
- **Stroller** (Optional; I did not get this but some people consider it an essential)



Other Baby items that you could consider (Optional; I did not get ALL of these though)

- Baby Rocker/Swing
- Activity gym
- Playpen
- Baby Monitor
- Breastfeeding Pillow
- Rattle



Items to start planning for as baby grows

- Walker
- Play mat
- Sippy cup
- Bowls
- Spoons
- Plastic bibs
- Teething toy
- Dental wipes/Baby toothbrush and toothpaste
- Highchair (Optional)



BABY SHOPPING LIST

FOR YOURSELF



- **2 x Breastfeeding bra** (optional. Didn't use it with my first although I got some, but with my second it was a lifesaver)
- **Regular bra** (bigger cup size than your pre-pregnancy size to help cope with the size-change)
- **1 x Breast pads** (started with disposable, switched to washable/reusable because I preferred those)
- **4 packs x Disposable panties** (comes in pack of 6. It doesn't need to be fancy. The ones like stiff texture work just fine)
- **4 x Maternal birth pads** (Faytex or a super absorbent cotton brand... The bleeding is crazy)
- **4 x Under-sheet** (Some hospitals provide this, some would ask you to bring it along. You can confirm from yours.)
- **1 x Travel bag** (Bag to pack everything in to the hospital for delivery)
- **1 x Cup with cover/travel cup** (so you can store any water/drinks leftover)
- **1 x plate**
- **1 x cereal bowl/soup bowl**
- **Cutlery** (Fork, knife, teaspoon, tablespoon)
- **Tissue/kitchen towel** – (optional)
- **1 x Sponge bag**
- **1 x sponge**
- **2 x soap** (I picked a mildly scented medicated one)
- **2 x toothbrush** (the second one was for the hubster, for the nights he slept over)
- **1 x toothpaste**
- **1 x Hand Sanitizer** (had a tabletop type for visitors)
- **1 x small-sized disinfectant** (I got 125ml bottle for myself. Bigger one was for baby)
- **2 x toilet roll** (hospital provided but I took some as backup)
- **1 x Belly Binder/C-Section belt** (Optional; applicable for C-Section delivery Only)
- **1 x Squirt/Peri bottle** (Optional; applicable for vaginal births Only)
- **1 x Hair net or bonnet/cap**
- **1 x Lip balm**
- **1 x Nipple cream** (If you plan to breastfeed. Helps a LOT with sore/cracked nipples from breastfeeding. Babies have no teeth but when they feed, it feels like you are feeding a baby shark)

