

FREE GUIDE

Baby Essentials & Packing List

What you truly need at home, plus a grab-and-go list for outings and trips.

By Anahely

BYANAHEL.Y.COM

A NOTE FROM ANAHELY

You need less than the baby aisle wants you to believe.

The baby aisle wants you to believe you need hundreds of things. After five babies, my actual “need” list has only gotten shorter. This is it — what actually stays in rotation at home, plus what to keep packed and ready for outings.

How to read this list

ESSENTIAL

You'll use this constantly.

WORTH IT

Genuinely helpful, worth having.

OPTIONAL

Nice to have, not a must.

At Home

- ☐ **Diapers & wipes** ESSENTIAL
Don't stockpile newborn size — babies size up fast.
- ☐ **Somewhere safe to sleep** ESSENTIAL
Crib or bassinet, firm mattress, fitted sheet only.
- ☐ **Sleep sacks or swaddles** ESSENTIAL
A few is plenty to start.
- ☐ **Onesies & sleepers** ESSENTIAL
7-10 in newborn size, gently used is fine.
- ☐ **Bottles (even if breastfeeding)** WORTH IT
Handy for pumped milk or backup feeding.
- ☐ **Burp cloths** ESSENTIAL
You'll use more than you think.
- ☐ **Digital thermometer** ESSENTIAL
A newborn-stage must-have.
- ☐ **Nasal aspirator** ESSENTIAL
You'll reach for this often.
- ☐ **Baby wash & a soft towel** ESSENTIAL
Gentle, tear-free formula.
- ☐ **Baby monitor** WORTH IT
Especially helpful once room-sharing ends.
- ☐ **Car seat, installed** ESSENTIAL
Needed before you can even leave the hospital.

Grab-and-Go Bag

Keep this packed and ready by the door — restock it right after you get home from an outing, not the next time you're about to leave.

- ☐ **Diapers (more than you think you need)** ESSENTIAL
Blowouts happen at the worst times.
- ☐ **Travel wipes** ESSENTIAL
A small travel pack, not the giant tub.
- ☐ **Change of baby clothes** ESSENTIAL
One full outfit, sized up if unsure.
- ☐ **Portable changing pad** WORTH IT
Not every changing station is clean.
- ☐ **Small blanket** WORTH IT
For warmth, shade, or an impromptu changing surface.
- ☐ **Feeding supplies** WORTH IT
Bottle and formula, or a nursing cover if you use one.
- ☐ **Extra burp cloth** OPTIONAL
Doubles as a light cover-up.
- ☐ **Hand sanitizer** OPTIONAL
For you, and for well-meaning strangers' hands.

Pack the bag once, then just swap out diapers and wipes as needed — you don't need to fully repack it before every single outing.

*"You need less than the registry checklist
wants you to believe — trust that."*

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