

Equipment and Clothing Suggestions for your Baby

Royal Hospital for Women

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To help you prepare for your baby's arrival, we have listed some items you may like to have on hand and others you should avoid using. Many people use this list as a guide for family and friends who may want to buy a present for the new baby, which can reduce the expense of preparing for your baby. If you buy or are given preloved items, please ensure they meet current safety standards.

Below is a guide only.

Suggested items:

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| <input type="checkbox"/> Bassinet or cot | <input type="checkbox"/> Baby bath and soft towels |
| <input type="checkbox"/> New, firm, well-fitting mattress | <input type="checkbox"/> Clothes airer and / or clothes dryer |
| <input type="checkbox"/> Mattress protector | <input type="checkbox"/> Sling and / or baby carrier |
| <input type="checkbox"/> Cot sheets | <input type="checkbox"/> Sturdy pram or stroller |
| <input type="checkbox"/> Cotton or woollen blanket | |
| <input type="checkbox"/> Baby sleeping bags – These need to be armless when baby starts rolling | |
| <input type="checkbox"/> Waterproof change mat or table | |
| <input type="checkbox"/> Nappy bag and chux / baby wipes / face washers for nappy change time | |
| <input type="checkbox"/> Baby capsule or convertible car restraint (Standard AS/NZS 1754) | |
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| <input type="checkbox"/> 4-5 one-piece jumpsuits – zippers better or garments with no more than 3 press studs | |
| <input type="checkbox"/> 3 -6 stretchy pull-on pants and tops | |
| <input type="checkbox"/> 5 singlets or onesies with no more than 3 press studs | |
| <input type="checkbox"/> Jackets especially in winter | |
| <input type="checkbox"/> 2 hats for warmth or sun protection | |
| <input type="checkbox"/> A few pairs of socks or booties | |
| <input type="checkbox"/> 3 dozen nappies – some towelling nappies useful even if using disposables | |
| <input type="checkbox"/> Nappy bin with lid and pins or snappy nappy if using towelling nappies | |
| <input type="checkbox"/> 4 large wraps – muslin or stretchy depending on preference | |

Items not recommended:

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|--|---|
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Baby cosmetics |
| <input type="checkbox"/> Cot bumper | <input type="checkbox"/> Colic remedies |
| <input type="checkbox"/> Quilt or duvet | <input type="checkbox"/> Baby walker |
| <input type="checkbox"/> Bean bags | <input type="checkbox"/> Baby bouncer |
| <input type="checkbox"/> Sleep positioners | |

Website that provides excellent information and tips on equipment and clothes for babies are:

 Raising Children Network website: www.raisingchildren.net.au

Prepared by Health Education. Endorsed April 2017. Reviewed by consumers in development stage. Updated November 2020. Should you wish to discuss any aspect of this information please send an email

RHWfeedback@health.nsw.gov.au.