

## Feeding Essentials

- Nursing bras - 3-5
- Breast pads
- Nipple cream
- Breast pump (manual or electric)
- Milk storage bags or pots
- A feeding cushion
- Muslins - lots and lots! They make the perfect bibs for newborns!
- Bottles/teats/bottle brush
- Sterilising equipment
- Formula
- An extra kettle - This is optional but perfect for boiling and letting the water cool so you always have water on hand to make up baby's bottle. There's nothing worse than coming to make up an feed but someone's just boiled the kettle for a cuppa!

## Sleep Essentials

- Moses basket
- Cot
- Mattress
- Sheets
- Blankets
- Scratch mitts
- Sleep suits/vests
- Sleeping bags
- White noise app for your smart phone - these are invaluable!

## Travel Essentials

- Car seat
- Pram/buggy/travel system
- Sling/baby carrier
- Nappy changing bag & mat

## Nursery Essentials

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|---|--|
| <input type="checkbox"/> Nursing chair (optional) | <input type="checkbox"/> Hooded towels   |
| <input type="checkbox"/> Changing table/mat       | <input type="checkbox"/> Soft washcloth or sponge  |
| <input type="checkbox"/> Nappies                  | <input type="checkbox"/> Nail scissors   |
| <input type="checkbox"/> Cotton wool/baby wipes   | <input type="checkbox"/> Hairbrush   |
| <input type="checkbox"/> Nappy bin                | <input type="checkbox"/> Thermometer   |
| <input type="checkbox"/> Nappy cream              | <input type="checkbox"/> Play mat  |
| <input type="checkbox"/> Baby bath                | <input type="checkbox"/> Swing/bouncer   |
| <input type="checkbox"/> Baby toiletries          | <input type="checkbox"/> Baby monitor (optional - half the UK Mums team didn't use one!) |