

purebaby
beautifully organic

Checklists



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Hospital Bag Checklist

FOR BABY

- 2 x Growsuits per day
- 2 x Singlets or Bodysuits per day
- 1 x Sleepsuit per night in Hospital
- 2 x Hats and/or Beanies
- 1 x Socks and/or Booties per day
- 1 x Mittens per day
- 2 x Bibs per day
- 1 x Pack of Baby Wipes
- 2 x Muslin Face Washers
- 1 x Baby Towel
- 1 x Baby Blanket
- 2 x Going home outfits
- 1-2 x Muslin Wraps
- 1-2 x Bunny Rugs or Cocoon Wraps
- Nappies



PUREBABY TIP:

When packing your bag, consider choosing one with wheels, as this is a safer option for when you are leaving the hospital with your new bundle of joy. A lot of hospitals have a no lift policy.



Scan here to read the blog article!

Notes: _____

DON'T FORGET!

Your baby **MUST** travel home from the hospital in a suitable Infant Car Seat, which for newborns is a Rear Facing Capsule. Make sure you have a Capsule correctly installed in your car prior to birth.

Hospital Bag Checklist

FOR MUM

Clothes

- Comfortable Clothing to wear during labour and the Hospital stay, such as a Nightie, Baggy T-shirt, Pyjamas, Sweats or a Robe
- Casual Clothes with front opening Tops for breastfeeding
- A few pairs of Socks
- Slippers or Slip On Shoes, to wear around the Hospital
- Plenty of comfortable Underwear and Support Garments
- Breastfeeding Bras, if choosing to breastfeed
- Clothing for the trip home, make sure they're roomy and comfortable
- Laundry bags for dirty Clothes

Documents & Essentials

- Your birth plan
- ID and Wallet
- Private Health Insurance card
- iPhone/Smartphone (and Chargers)
- Camera for photos or video
- Water Bottle
- Snacks and Drinks for you and your partner/family
- Pen and Paper or Notebook

Toiletries

- Skincare such as a Moisturiser and Facial Spray
- Items for the shower, such as Body Wash, Shampoo and Conditioner
- Toothbrush and Toothpaste
- Deodorant
- Lip Balm
- Hairbrush, Hair Tie or Clips
- Massage Oil and/or Lotion if you would like to be massaged during labour
- Prescription Glasses
- Maternity Pads
- Breast Pads
- Ice/Heat Packs
- Peri Bottle

Notes: _____



Hospital Bag Checklist

LABOUR SPACE

To Set Up Your Space

- Personal items that bring you comfort from home such as a Pillow, Cushion, Blanket/Throw
- Headphones and/or Portable Speaker for Music, Podcasts or Audiobooks
- Activities to help you relax and pass the time such as Books and Magazines, or Apps
- Electric Diffuser and Essential Oils
- TENs Machine or Massage Devices that you have previously used and liked
- Stress Ball
- Stopwatch to time contractions, or use your Smartphone
- Images to look at to remind you what you can achieve or to keep you going and help keep focused
- Meditation or mindfulness resources, either audio or printed to be read by your partner



Items You Can Ask to Use

- Birth Mat
- Fit Ball
- Shower
- Cold/Heat Packs
- Ice to crunch on

For The Birth Partner

- Change of Clothes
- Comfortable Shoes
- Toiletries such as Deodorant, Toothbrush and Toothpaste
- Snacks and Drinks
- Swimwear if you want to join for a water birth

Notes: _____

First Wardrobe Checklist

When preparing for the arrival of your little one, consider purchasing a mixture of 0000 (newborn) and 000 (0-3 months) sizes in the below quantities to build their first wardrobe. This will see them through the first 3 months of age.

- 4-6 x Singlets
- 4-6 x Growsuits or Sleepsuits
- 2 x Tops
- 4 x Cardigans
- 2 x Pairs of Pants or Leggings
- 2 x Jackets
- 3 x Hats or Beanies
- 3 x Pairs of Booties & Mittens
- 3 x Bibs
- 2 x Dressy Outfits
- 1 x Bunny Rugs
- 2 x Muslin Wraps or Cocoon Wraps
- 2 x Blankets
- 3 x Hooded Towels
- 3 x Cot or Bassinet Sheet sets
- 2 x Soft Toys or Comforters
- 1 x Soft Hairbrush
- Nappies



Scan here to read the blog article!

Notes: _____

Baby Gift Registry Checklist

BABY CLOTHES

- Front-buttoned Jackets
- Growsuits
- Bodysuits
- Tops
- Singlets
- Leggings
- Sleepsuits
- Accessories, including Booties, Socks, Mittens, Beanies, Knot Hats and Sun Hats



FEEDING TIME

- Bottles
- Bottle Brush
- Bottle Drying Rack
- Bibs
- Pacifiers
- Highchair
- Dinnerware set



IF BREASTFEEDING

- Breast Pump
- Milk Storage Bags
- Nipple Cream
- Breast Pads
- Breastfeeding Support Pillow
- Maternity Bras



Scan here to read the blog article!

CHANGE TABLE

- Change Table or cushioned Changing Pad with safety strap
- Nappies
- Nappy Cream
- Baby Wipes
- Muslin Wraps



BATH TIME

- Baby Bathtub
- Fragrance-free Soap
- Baby Shampoo
- Hooded Towels
- Baby Hairbrush
- Muslin Face Washers
- Change Mat
- Laundry Detergent for sensitive skin



Baby Gift Registry Checklist

NURSERY

- Cot or Bassinet with firm, flat Mattress
- Baby Monitor
- Humidifier
- Sheet sets
- Toy Basket
- Blankets, both light and heavy
- Waterproof Mattress Pads
- Rocking Chair or Armchair

EQUIPMENT AND OTHER ESSENTIAL ITEMS

- Stroller or Pram
- Baby Car Seat
- Baby Carrier
- Nappy Bag
- First-aid Kit
- Thermometer
- Baby Nail Clippers
- Baskets or Tubs for storage



PLAY TIME

- Bouncer
- Mobile
- Rattles and Teething Toys
- Soft Toys
- Activity Mat

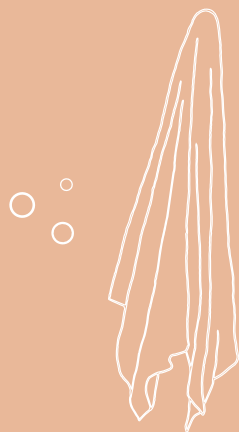


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Bathtime Checklist

To ensure bath time goes smoothly, have the following items ready and on hand:

- 3 x Nappies
- 1 x Change of clean Clothes
- 2 x Hooded Towels
- 1 x Baby Bathrobe
- 2 x Muslin Face Washers
- 1 x Bath Mitt
- Mild, sensitive Baby Soap and Shampoo
- Nappy Change Cream
- Hairbrush to stimulate the baby's scalp



Notes: _____



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Baby Nursery Checklist

- 1 x Cot, Bassinet or Cradle
- 1 x Mattress
- 3 x Sheet sets
- 1 x Change Table with Change Pad
- 1 x Chest of Drawers or Dresser
- 1 x Nursing or Rocking Chair
- 1 x Baby Bath or Bowl for sponge bathing
- 1 x Laundry Basket
- 1 x White Noise Machine or Bluetooth Speaker
- 1 x Baby Monitor
- 1 x Night Light or Soft Lamp
- 1 x Baby First-aid Kit
- 1 x Nursing Pillow and Cover
- 20+ x Baby Coat Hangers



ITEMS YOU MAY WISH TO CONSIDER

- 1 x Humidifier
- 1 x Room Thermometer
- 1 x Nasal Aspirator
- 1 x Baby Mobile
- 1 x Nappy Stacker or Organiser
- 1-2 x Blackout Blind Covers
- 2-4 x Storage Tubs or Containers
- 4-6 x Power Outlet Covers

Notes: _____



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PUREBABY TIP:

We love the rule of 3. One in use, one in the wash and one in the cupboard.

Baby Change Table Checklist

You will spend a lot of time changing your baby, especially in those first few months of life, however Change Tables are not only used for changing nappies! You will most likely dress and undress your little one, partake in baby massage, sponge baths and personal care with your baby. That's why we've put together this helpful list of essential items that you will need when setting up your Baby Change Table.

CHANGING ESSENTIALS

- 1 x Baby Lotion
- 1 x Massage Oil
- 1 x Baby Bath Cream or Body Wash
- 1 x Thermometer
- 1 x Baby Hairbrush
- 1 x Baby Nail File or Nail Clippers
- 2 x Muslin Face Washers
- 2 x Bibs
- 2-3 x Hooded Towels

PUREBABY TIP:

Pump bottles are a great idea and easy to use with one hand!



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PERSONAL CARE ITEMS

- 1 x Pack of Baby Wipes
- 1 x Nappy Change Cream or Barrier Cream
- 1 x Roll of Nappy Bags
- 1 x Nappy Bin/Pail and Liners
- 2 x Muslin Wraps or Bunny Rugs
- 2 x Pacifiers and Holders
- 1 x Pack of Disinfectant Wipes
- 2-3 x Changes of Clothes
- 2-3 x Hand Towels
- 2-3 x Baby Teethers or Comforters
- 15-20 x Nappies



Baby Change Table Checklist

ITEMS YOU MAY WISH TO CONSIDER

- 1 x Bottle of Hand Sanitiser
- 1 x Pack of Cotton Pads
- 1 x Bottle of Saline
- 1 x Laundry Basket
- 1 x Night Light or Soft Lamp
- 1 x Baby Bath or Small Bowl



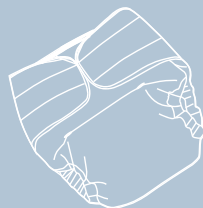
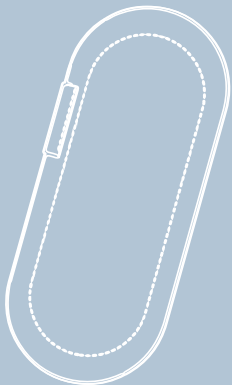
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Nappy Bag Checklist

- 1 x Pack of Wipes
- 1 x Nappy Rash Cream
- 1 x Change Mat
- 2 x Burp Cloths or Bunny Rugs
- 2 x Muslin Wraps
- 1 x Change of Baby Clothes
- 1 x Cardigan
- 1 x Hat or Beanie
- 2 x Bibs
- 2 x Toys or Comforters
- 1 x Blanket
- 2 x Pacifiers
- 2-3 x Nappies
- Breast Pads, Nipple Cream and Nipple Shields
- Formula, Bottles and Insulated Bottle Holder
- Mini First-aid Kit

ITEMS YOU MAY WISH TO CONSIDER

- Reusable or Waterproof Bags
- Sensitive skin Sunscreen, Sunglasses and a Broad-brimmed Hat
- Hand Sanitiser
- Insect Repellent
- Sleepwear or Pyjamas
- Muslin Face Washers
- A spare Top for you
- Snacks and Reusable Cutlery
- Water Bottle
- Small pack of Tissues
- Portable Charger
- Headphones



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Notes: _____

Nappy Bag Checklist

LOOK FOR A NAPPY BAG THAT

1. Fits on or underneath the Pram
2. Stands upright when placed on a flat surface, so the contents doesn't fall out
3. Is accessible with one hand
4. The weight and size doesn't give you a sore back or shoulders
5. If there is an included Change Mat, ensure that this is detachable for easy use and cleaning
6. Is waterproof or easy to clean



Notes: _____

Baby Overnight Bag Checklist

- Baby Clothing – pack at least 2 complete outfits for each day you’re away
- Warm layers, such as Jumpers, Cardigans or Jackets - at least one of each
- Hats, such as a Beanie, Knot Hat or a Sun Hat
- Baby Sleepsuits or Pyjamas - at least 2 sets
- Baby Sleeping Bag
- Nappies and Nappy supplies, including Cream, Wipes and a travel Change Mat



OTHER OVERNIGHT TRIP ESSENTIALS

- Baby Car Seat
- Portable Travel Cot
- Pram or Stroller
- Baby Carrier or Sling
- First-aid Kit
- Sunscreen
- Baby Monitor
- Toys and Books
- Blankets, Swaddles & Wraps
- Food and Drink supplies
- Formula, breastfeeding supplies or solids, depending on your little one
- Feeding equipment, including Bibs, Sippy Cups, Spoons, Bowls and Wipes
- Bathware, including Face Washers, Towel, Baby Wash and Lotion



Notes: _____



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Daycare Checklist

- Nappies
- Sun Hat
- Water Bottle
- At least two spare sets of Clothes
- Sleeping Bag for nap time
- Waterproof Clothing for rainy days
- Medicines and Medical Record
- Comfort items
- Bottles plus expressed Breastmilk or Formula, depending on your child's feeding routine

5 HELPFUL TIPS TO REMEMBER WHEN DRESSING YOUR CHILD FOR DAYCARE

1. Lots of layers
2. Comfort is key
3. Be sun smart
4. Avoid special pieces
5. Label everything



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Notes: _____

Beach Day Checklist

While you don't need to pack a huge number of things for a day at the beach, making sure you include the essentials will help make your day relaxing and worry-free.

- Baby Swimwear
- Sun Hat
- Baby Sunscreen
- Nappies
- Towel
- Sandals
- Pop up Shade Tent
- Picnic Rug or Mat
- Change of Clothes
- A small Bucket and Spade for sand and water play
- Esky with Water Bottles, Fruit and Food Pouches
- A Pouch for your Keys, Wallet, Phone and Sunscreen
- Reusable or Waterproof Bags for wet Clothes



PUREBABY TIP:

There are a great range of beach trolleys and wagons which can help you transport all your gear from your home, accommodation or car to the sand.



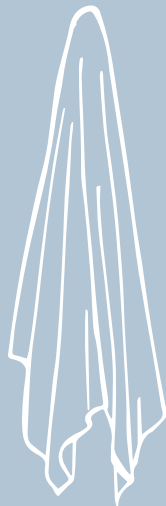
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Notes: _____

Winter Essentials Checklist

Here's our checklist for what you'll need to keep your little ones cosy and comfortable during the winter months.

- Singlets & Bodysuits
- Growsuits
- Jumpers & Cardigans
- Leggings & Track Pants
- Coats & Jackets
- Hats & Beanies
- Socks & Booties
- Mittens
- Blankets
- Baby Sleeping Bags
- Humidifier
- Thermometer
- Baby Carrier



Notes: _____



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Size Guides

PREMIE

WEIGHT	HEIGHT	HEAD CIRC.	FOOT	SIZE
Up to 1kg	Up to 40cm	Up to 28cm	Up to 7cm	0000000
Up to 2kg	Up to 45cm	Up to 32cm	Up to 8cm	000000
Up to 3kg	Up to 50cm	Up to 36cm	Up to 8cm	00000
Up to 4kg	Up to 56cm	Up to 40cm	Up to 9cm	0000

CLOTHING

SIZE	WEIGHT	HEIGHT	AGE GUIDE
0000	Up to 4kg	Up to 56cm	Newborn
000	4-6kg	Up to 62cm	0-3 Months
00	6-8kg	Up to 68cm	3-6 Months
0	8-10kg	Up to 76cm	6-12 Months
1	10-12kg	Up to 84cm	1 Year
2	12-14kg	Up to 92cm	2 Years
3	14-16kg	Up to 100cm	3 Years
4	16-18kg	Up to 108cm	4 Years
5	18-20kg	Up to 116cm	5 Years

PRE WALKERS

SIZE	EU SIZING	AGE
S	18	3-6 Months
M	20	6-12 Months
L	22	12-18 Months

Size Guides

BABY AND TODDLER HATS

SIZE	HEAD CIRCUMFERENCE
XXS (00000)	Up to 38cm
XS (0000-000)	Up to 44cm
S (00-0)	Up to 48cm
M (1-2 Years)	Up to 50cm
L (3-5 Years)	Up to 52cm

BABY AND TODDLER HAT COMBINATION

SIZE	HEAD CIRCUMFERENCE
XXS/XS	Up to 38cm
XS/S	Up to 44cm
S/M	Up to 50cm
M/L	Up to 52cm

SLEEPING BAG

SLEEPING BAGS	SMALL	MEDIUM	LARGE
Age	3-12 Months	12-24 Months	24-36 Months
Length (side neck to hem)	80cm	90cm	100cm
Width	90cm	100cm	110cm

LADIES SLEEPWEAR

SIZE	AUS SIZING
S/M	8-10
L/XL	12-14