



# Newborn checklist for expecting moms in Kathmandu

## For the mom

- Olive oil or coconut oil for massage
- Disposable underwear
- Perineal water bottle for those undergoing normal delivery
- Gown
- If making kurthas make ones with a front zipper, and pants that have a loose elastic

## Feeding

If you are solely breastfeeding:

- Breast milk storage bag
- Nursing pillow (it is recommended to take this to the hospital since it makes breastfeeding much easier and less strenuous on the back – in case of a C-section delivery, the nursing pillow serves as a buffer and prevents putting pressure on the C-section scar)
- Nursing bras (if you are buying nursing bras before the baby is born, buy one cup size larger than your pregnant bra size)
- Breast pads (disposable or washable); or use soft washcloths as breast pads and change it multiple times a day
- Nipple cream
- Pump
- Electric breast pump
- Manual breast Pump
- Silicone latch on a pump like the Hakka (this is not available in Nepal yet) or the Naturebond Silicone Pump, which is available in Nepal.

NOTES



## Feeding

If you are breastfeeding and pumping your milk and/or formula feeding you will need:

- Bottle sterilizer
- Bottle warmer
- Bottle wash
- Newborn bottle
- Bottle cleaning brush and nipple brush
- Thermos bottle carrier
- Formula
- Formula dispenser container

## Diapering

If you are using disposable diapers:

- Newborn-size diapers 4 packets (Mamy Poko, Pampers are both good brands- it's better not to buy too many in advance in case your baby is large or grows quickly)
- A waterproof urine mat – it is helpful to get at least two urine mats –one to keep in the diaper bag and another for the diaper changing station. Click here for the link:([A waterproof urine mat](#))
- Baby ointment or other barrier creams to prevent rash like Vaseline/Coconut Oil/Pseudocream
- Disposable baby wipes
- Dustbin to dispose of diapers, and plastics to line dustbin

NOTES



## Diapering

If you are using reusable cloth diapers (icha):

- Several dozen (4 or 5) cloth or reusable diapers
- 8 waterproof covers
- Snaps/ velcro to secure re-usable diapers

## Clothing

- 8 undershirts or onesies (mix of short-sleeve and long-sleeve)
- 8 one-piece stretchy sleepers (go for ones with zippers as you don't want to be buttoning 10 buttons during the middle of the night wake-ups. If you do find, get sleepsuits with mittens, since the mittens that you put on separately are easily taken out by the baby)
- 5 pairs of pants
- 2 newborn hats
- 2 pairs of mittens
- Laundry detergent for infant
- Thin cotton blankets
- Thicker blankets
- Bibs and burp cloths
- For babies being born during winter
  - 2 cardigans or jackets, more in winter
  - Fleece sleepsuits for winter

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## Baby Toiletries -Bath time

- 1 plastic infant tub
- 12 washcloths, not used on baby's bottom
- Baby soap or baby body wash
- Baby shampoo
- Baby soft-bristled hairbrush
- Soft-hooded towels
- Olive oil, coconut oil for baby massage
- Baby-friendly detergent (Kodomo or Farlin brands are available in Bhatbhateni/Saleways/Big Mart)
- Bottle wash (Kodomo and Farlin brands are available in Bhatbhateni/Saleways/Big Mart)

## Bedtime

- Cot and cot mattress
- Waterproof mattress covers
- Crib sheets
- Light blankets that fit in the crib

NOTES



## Other useful items

- Car Seat
- Electric thermos
- Stroller – only keep newborns on a stroller that reclines fully flat.
- Nail clippers for babies
- Bulb syringe/ Nose Frieda for suctioning mucus
- Infrared thermometer
- Medicine dropper (it also comes with the most baby medication you buy)
- Medication in case of fever
- Baby monitor
- Sling or baby carrier
- Diaper bag
- Pacifiers/teethers
- Cot mobile
- Rattles and other baby toys
- Night light
- Plastic hangers for closet
- White noise machine or download it on your phone from YouTube

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