

Maternity Essentials Check Sheet

Category	No.	Item	Importance	Check Prepared	Preparation Tip
01. Mommy Essentials	1	Supplements (Iron, Omega-3)	★★★★★		
	2	Nursing Bra	★★★★		For breastfeeding
	3	Maternity Underwear	★★★★		
	4	Nursing Tank Top	★★★		For breastfeeding
	5	Compression Stockings	★★		Usually provided by the hospital
	6	Maternity Pads	★★★★		
	7	Sleep Socks	★★★★		
	8	Abdominal Binder	★★★★★		After C-section
	9	Wrist/Ankle Support	★★★		
	10	Perineal Cushion	★★		After natural birth
	11	Nursing Pads	★★★★		
	12	Nipple Cream	★		For breastfeeding
02. Feeding Essentials	1	Formula	★★★★★		Quick brand change if it causes colic, refusal, etc.
	2	Baby Bottle	★★★★★		Quick brand change if it causes colic, refusal, etc.
	3	Nipple	★★★★★		Replace according to the month (Consumable)
	4	Formula Dispenser/Storage Bags	★		If formula-feeding & frequent outings
	5	Bottle Cleanser	★★★★★		
	6	Bottle Drying Rack	★★★★		Not needed if using a bottle sterilizer
	7	Nursing Pillow	★★★★		
	8	Anti-Reflux Pillow	★★★★		Increasingly becoming essential
	9	Breast Pump	★★★★		
	10	Breast Pump Flange/Horn	★★★★		Check compatibility with bottle (Buy adapter if not compatible)
	11	Breast Milk Storage Bags	★★★★		For breastfeeding
	12	Breast Milk Cooler Bag	★★★★★		For breastfeeding
03. Hygiene Essentials	1	Gauze Wipes	★★★★★		
	2	Cloth Diapers	★★★★★		Versatile use (pillow, swaddle, bath towel, etc.) / Recommend Bambobee
	3	Diapers	★★★★★		
	4	Diaper Rash Cream	★★★		In case of rash
	5	Diaper Pail	★★★★		
	6	Diaper Bag	★★		
	7	Diaper Caddy	★★		
	8	Baby Wipes	★★★★★		
	9	Newborn Cotton Swabs	★★★★		
	10	Nail Scissors/Clippers	★★★★★		
	11	Nasal Aspirator	★★★		Buy early = less regret
	12	Thermometer	★★★★★		Ear thermometer recommended
	13	Hygrometer/Thermometer	★★★		
	14	Baby Laundry Detergent	★★★★★		
	15	Baby Fabric Softener	★★★★★		
04. Bedding Essentials	1	Swaddle	★★★★★		
	2	Outer Wrap/Blanket	★★★		Not heavily needed unless winter birth & frequent outings (used when discharged from hospital)
	3	Crib	★★★★★		
	4	Mattress/Quilt Set	★★★★		
	5	Baby Pillow	★★		For heat rash/flat head/millet pillow
	6	Waterproof Pad	★★★★★		
	7	Blanket	★★★★		
	8	Neck Pillow	★★★★★		
	9	Bumper Bed	★★★★★		Prepare after baby starts rolling over
	10	Play Mat	★★★		Prepare when baby starts crawling
05. Bathing Essentials	1	Lotion	★★★★★		Quick product change if it doesn't suit the baby
	2	Cream	★★★★		Quick product change if it doesn't suit the baby
	3	Baby Oil	★★★		Quick product change if it doesn't suit the baby
	4	Shampoo & Wash	★★★★★		All-in-one product recommended for newborns
	5	Baby Bathtub	★★★★		
	6	Baby Neck Float	★		If baby enjoys water play
	7	Bathtub Cleaner	★		
	8	Bath Soak	★		If baby enjoys water play
	9	Bath Towel	★★★★★		Can be substituted with gauze wipes

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06. Clothing	1	Kimono Shirt/Top	★★★★★		Not needed in large quantity (quickly transitions to onesies/sleepers)
	2	Newborn Onesie	★★★★★		
	3	Sleepsuit/Footie/Romper	★★★★★		
	4	Hand/Foot Mittens	★★★		Essential if baby scratches face often
	5	Newborn Hat	★★★★★		Put on hat when baby has hiccups
	6	Socks	★★★★★		
	7	Bib	★★★★		
07. Developmental Gear	1	Stroller	★★★★★		Purchase order: Deluxe > (Convertible) > Lightweight
	2	Car Seat	★★★★★		
	3	Infant Car Seat/Carrier	★★★		Rarely used if outings are infrequent
	4	Baby Carrier	★★★★★		
	5	Hip Seat	★★★★★		Integrated carrier & hip seat is also recommended
	6	Carrier Cover/Warmer	★★★		Low utility if not a winter birth
	7	High Chair	★★★★★		
	8	Bouncer	★★★★		
	9	Walker	★★★★		
	10	Mobile (B&W/Color)	★★★★★		Start with B&W > then switch to Color Mobile
	1	Rattle	★★★★★		
	2	Lovey/Comfort Toy	★★★★		
	3	Pacifier	★★★★★		
08. Electronics	1	Bottle Sterilizer	★★★★		Recommend replacing the lamp if bought secondhand (costing a few thousand KRW)
	2	Formula Kettle	★★★★		If you don't have a formula maker...
	3	Formula Maker	★★★		Highly recommended for formula or mixed feeding
	4	Baby Washing Machine	★★		
	5	Air Purifier	★★★★		
	6	Humidifier	★★★★★		Warm-mist/Steam recommended (Caution for safety)
	7	Night Light	★★		