



Pregnancy Stock Up Checklist



A GUIDE TO YOUR FIRST FEW MONTHS WITH YOUR NEW BABY

HOME

- ▲ All Purpose Spray (409 or other)
- ▲ Aluminum Foil
- ▲ Bleach
- ▲ Candle/Plugin Scents
- ▲ Clorox Wipes
- ▲ Crock Pot Liners
- ▲ Dish Soap
- ▲ Dishwasher Soap
- ▲ Disposable Plates & Utensils
- ▲ Dryer Sheets
- ▲ Fabric Softener
- ▲ Febreze
- ▲ Hand Soap
- ▲ Laundry Detergent
- ▲ Magic Eraser Pads
- ▲ Napkins
- ▲ OxyClean/Stain Removers
- ▲ Paper Towels
- ▲ Pine Sol
- ▲ Postage Stamps
- ▲ Saran Wrap/Press & Seal
- ▲ Soft Scrub/Sink Cleanser
- ▲ Swiffer Pads
- ▲ Swiffer Spray Refill
- ▲ Thank You Notes
- ▲ Trash Bags
- ▲ Toilet Bowl Cleaner
- ▲ Toilet Paper
- ▲ Windex
- ▲ Ziploc Bags

MOM

- ▲ Bath Salts/Soaks
- ▲ Belly Butter
- ▲ Books (all formats)
- ▲ Hand Sanitizer
- ▲ Ibuprofen
- ▲ Milk Storage Bags
- ▲ Nursing Pads
- ▲ Pack of Comfy Undies (use for a week or so & toss)
- ▲ Pads
- ▲ Prenatal/Postnatal Vitamins
- ▲ Pump Sanitizing Bags
- ▲ Stool Softener
- ▲ Witch Hazel Medicated Pads/Sprays

BABY

- ▲ Baby Lotion
- ▲ Baby Soap
- ▲ Diapers
- ▲ Diaper Cream
- ▲ Formula (just in case)
- ▲ Gas Drops
- ▲ Wipes

FREEZER

- ▲ Burritos
- ▲ Fruit
- ▲ Ice Cream
- ▲ Meat
- ▲ Pizza
- ▲ Single-Serve Treats (popsicles, etc.)
- ▲ TV Dinners
- ▲ Veggies

TODDLER/KIDS

- ▲ A New Movie
- ▲ A New Toy or Two (Dollar Store!)
- ▲ Favorite Foods/ Snacks/Treats
- ▲ Fruit Snacks
- ▲ New Books - Library or Buy!
- ▲ Yogurt Melts

FRIDGE

- ▲ *Bread
- ▲ Butter
- ▲ Condiments & Sauces
- ▲ Cookie Dough (trust me)
- ▲ *Eggs
- ▲ *Fruit
- ▲ Jam
- ▲ Lunch Meat
- ▲ *Milk
- ▲ Sliced Cheese
- ▲ String Cheese
- ▲ Tortillas
- ▲ *Veggies

**As close to labor/delivery as possible*

TOILETRIES

- | | |
|-------------------------|-------------------------|
| ▲ Bobby Pins | ▲ Mouthwash |
| ▲ Chapstick/Lip Balm | ▲ Prescription Pills |
| ▲ Contacts | ▲ Q-Tips |
| ▲ Contact Solution | ▲ Razor Replacements |
| ▲ Cotton Balls/Pads | ▲ Shampoo & Conditioner |
| ▲ Dry Shampoo | ▲ Shaving Cream |
| ▲ Elastics | ▲ Shower Gel |
| ▲ Floss | ▲ Soap Bars |
| ▲ Lotion | ▲ Toiletries |
| ▲ Makeup Cleanser/Wipes | ▲ Toothbrushes |
| ▲ Moisturizer | ▲ Toothpaste |
| | ▲ Your Go-To Makeup |



PANTRY

- | | | |
|---|------------------------|---|
| ▲ Bottled Pasta Sauce | ▲ Cookies | ▲ Peanut Butter |
| ▲ Bottled Water | ▲ Dry Pasta | ▲ Protein Shakes |
| ▲ Box Mixes (Hamburger Helper, cake, muffins, flavored rice, sides, etc.) | ▲ Flour | ▲ Ramen Noodles |
| ▲ Canned Beans | ▲ Gatorade | ▲ Salt |
| ▲ Canned Veggies | ▲ Granola/Protein Bars | ▲ Sugar |
| ▲ Cereal | ▲ Juice | ▲ Soda |
| ▲ Crackers | ▲ Macaroni & Cheese | ▲ Soup |
| | ▲ Microwave Popcorn | ▲ Toddler/Kid Needs (fruit snacks, yogurt melts, etc) |
| | ▲ Oatmeal | ▲ White Rice |