



# Pregnancy Stock Up Checklist



A GUIDE TO YOUR FIRST FEW MONTHS WITH YOUR NEW BABY

## HOME

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- ▲ 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

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- ▲ 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

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

## FREEZER

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

## TODDLER/KIDS

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

## FRIDGE

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- ▲ \*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

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- |                         |                         |
|-------------------------|-------------------------|
| ▲ 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

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- |   |                        |  |
|---|------------------------|--|
| ▲ Bottled Pasta Sauce   | ▲ Cookies              | ▲ Peanut Butter  |
| ▲ Bottled Water   | ▲ Dry Pasta            | ▲ Protein Shakes   |
| ▲ Box Mixes (Hamburger<br>Helper, cake, muffins,<br>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<br>snacks, yogurt melts, etc) |
|   | ▲ Oatmeal              | ▲ White Rice   |