Free Adoption Shopping List

Free shopping and preparation checklist for adopting a baby or child. This list includes all the things you need to buy to bring your new child home.



For Your Adoption Travel

- [ ] Luggage
- [ ] Diaper bag
- [ ] Bags for dirty/soiled clothes
- [ ] Laundry detergent (travel size)
- [ ] Travel-size first aid kit
- [ ] Gifts for your child's birth parents (check with your adoption attorney first to make sure it's allowable per state laws)

Gear and Travel

- [ ] Stroller and/or umbrella stroller
- [ ] Stroller accessories, such as a rain cover, sun shade, foot muff, and hooks for bags or purses
- [ ] Convertible car seat
- [ ] Car seat accessories, like a mirror, sun shade for the windows, and car seat cover
- [ ] Pack N Play Playard and two to three play yard sheets
- [ ] Diaper bag

Nursery and Décor

- [ ] Crib and crib mattress (or a toddler bed, depending upon the age of the child you're adopting)
- [ ] Waterproof mattress pads (2-3)
- [ ] Fitted crib sheets
- [ ] Crib sheet protectors (2-3)
- [ ] Color-coordinated valance, dust ruffle, quilt, etc
- [ ] Dresser
- [ ] Storage bins or baskets
- [ ] White noise sound machine
- [ ] Laundry hamper
- [ ] Child-sized hangers (12-15)

Feeding

- [ ] Toddler bowls, plates, and utensils
- [ ] Toddler cups and sippy cups (6-8)
- [ ] High chair
- [ ] Booster seat for dining out
- [ ] Bibs (8-10)
- [ ] Snack dispenser

Bath and Potty

- [ ] Bathtub
- [ ] Shampoo
- [ ] Rinse cup for shampoo
- [ ] Bath toys
- [ ] Mat for parents to kneel on
- [ ] Hooded towels (4-6)
- [ ] Baby washcloths (7-8)
- [ ] Diapers (in various sizes)
- [ ] Diaper pail
- [ ] Wipes

- [ ] Diaper rash ointment

Safety and Health

- [ ] Baby monitor
- [ ] Safety gates
- [ ] Safety locks and outlet covers
- [ ] Humidifier
- [ ] Thermometer
- [ ] Nasal bulb
- [ ] First Aid kit
- [ ] Baby or child toothbrush and toothpaste
- [ ] Nail clippers
- [ ] Brush and comb
- [ ] Night light
- [ ] Shopping cart cover

Toys and Learning

- [ ] Books
- [ ] Activity mat or walker
- [ ] Stuffed animals
- [ ] Walk-behind toy
- [ ] Extra batteries!

Clothing and Linens

- [ ] Undershirts (4-6)
- [ ] Seasonal clothing, such as jackets and swim suits
- [ ] Socks (9-12 pairs)
- [ ] Shoes (2-3 pairs)
- [ ] Outfits (4-6)
- [ ] Footie pajamas (4-8)
- [ ] Pants (4-8 pairs)

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