

Baby essentials checklist

What you need and how much it costs

To sleep

- Cot
- Mattress, mattress protector and mattress cover
- Set of two sheets
- Baby sleeping bag (thick or thin depending on the season)
- Cotton burp cloths to go under the baby's head (pack of ten)
- Baby monitor

Total price: around CHF 685

For changing nappies

- Changing table with padding
- Changing mat (cotton cloth or towel)
- Small light for changing in the dark
- Monthly pack of nappies
- Nappy bin with lid
- Cotton wool or wet wipes
- Nappy rash cream

Total price: around CHF 620

For care and health

- Set of two bath towels with hood
- Flannels (pack of five)
- Bathtub seat
- Bath thermometer
- Clinical thermometer
- Baby brush with soft bristles
- Nail scissors (for babies)
- Nasal aspirator
- Skin cream
- Baby oil
- First aid kit

Total price: around CHF 140

Baby clothes

- 8 cotton baby bodysuits with popper buttons
- 5 playsuits
- 5 tops with short and long arms
- 5 bottoms
- 4 pyjama suits
- Baby socks and tights
- Thick and thin jackets
- Overalls for outdoors
- Hats and mittens

Total price: around CHF 440

For breastfeeding mothers and nursing babies

- Nursing pillow
- 3 nursing bras
- Nursing pads
- Cotton cloths (burp cloths)
- Nipple cream
- Warm compresses or heating pads

Total price: around CHF 220

For expressing milk

- Hand pump or electric rental device from the pharmacy
- Baby bottles with suitable teats for nursing babies
- Freezer bags for breast milk
- Small cooler bags for storing breast milk
- Bottle brush

Total price: around CHF 105

For non-breastfeeding mothers and bottle-fed babies

- Nursing pillow
- Baby bottles with suitable teats for nursing babies
- Bottle warmer
- Thermos flask for boiled water
- Bottle brush
- Packet of baby food

Total price: around CHF 190

For on the go

- Pushchair
- Light cover for summer or warm footmuffs for winter
- Rain and sun cover for the pushchair and for the car
- Sling or other carrying aid
- Changing bag or backpack
- Baby car seat

Total price: around CHF 1,500

For the baby's room and for play

- First toys, e.g. rattle and teething ring
- Baby rug
- Baby rocker

Total price: around CHF 190

By our cost estimation for the baby essentials, we arrive at a total sum of around 3,900 francs or 3,765 francs (depending on whether or not the mother breastfeeds). Ultimately, the costs will depend on your budget and your preferences. This checklist is intended as a non-binding guideline and provides price indications.