

The twins-store Baby Essentials Check Lists have been compiled using the help and expertise of parents of twins and multiples. The Starter List is designed to give you an indication of the key equipment needed to help you care for your little bundles during the first few months. This list is as complete as possible, but please let us know if you think there are additions/amendments that will help others in the future.

	Key Equipment	✓	Useful Equipment	✓
Going Out	Double Buggy		Single Buggies	
	Footmuffs or Pram Blankets x 2		Baby Slings x 2	
	Rain Cover		UV Cover	
	Car Seats - Newborn x 2		Baby Wraps x 2	
Nursery			Travel Cots	
	Cot or Cot Beds x 2		Moses Basket or Crib x 2	
	Cot or Cot Bed Mattress x 2		Moses Basket / Crib Mattress x 2	
	Cot Bedding - Sheets x 4-8 & Cellular Blankets x 4-8		Moses Basket Stands x 2	
	OR Sleeping Bags x 2 (from 7lbs - check manufacturer guides)		Moses Basket Bedding x 4-8 sheets & Cellular Blankets x 4-8	
	Safety Products - Baby Monitor		Nursery Furniture - Wardrobe	
	Safety Products - Room Thermometer		Nursery Furniture - Drawers/Changing Unit	
Bathing	Muslin Squares x 8-12		Safety Products - Night Light / Animal Nets	
	Baby Bath or Bath Mat/Support for normal bath		Baby Cosmetics - Body Wash / Shampoo etc	
	Towels x 4-6		Cotton Wool Buds	
	Soft Hairbrush		Sponges x 2	
Changing	Lots of Cotton Wool (balls or rolls)		Nail Clippers	
	Large Change Bag		Changing Mat x 2 if possible (upstairs / downstairs)	
	Newborn Nappies (estimate x 14 per day)		Nappy Disposal Bin	
Feeding	Lots more Cotton Wool or Baby Wipes		Nappy Bags	
			Nappy Cream	
	Bottles & Teats x 14-16 (first size & next or mixed)		Hands-free Bottles	
	Bottle Cleaning Brush		Disposable Bottles	
	Formula of Choice		Bottle Warmer	
	OR Breastfeeding Essentials - Pump/Bottles/Storage Jars etc		Feeding Cushion	
	Steriliser - Steam / Microwave or Cold Water (x 2 if poss)		Bottle Bag	
	Bibs x 20+		Dishwasher Bottle Holder	
	Baby Bouncing Chairs x 2		Dummies	
	Lots of Muslin Squares		Teething Rings	
Clothes	Newborn or Early Baby Vests x 10-14		Shawls x 4	
	Newborn or Early Baby Grows x 10-14		Outdoor Outfits x 4	
	Cardigans x 4		Pram Shoes x 2	
	Hats x 4			
	Scratch Mittens x 4 pairs			
	Socks x 4+ pairs			
	Pram Suits or Coat x 2			
Baby Play	Baby Bouncers x 2 (noted above)		Play Mat x 1 large or x 2 Small	
			Books and Nursery Rhymes	
			Soft Toys	
			Comforters	
Safety	Baby Monitors (noted above)		UV Cover (noted above)	
	Room Thermometer (noted above)		Cat Nets (noted above)	
	Sun Cream (season dependent!)		Night Lights	
			First Aid Kit	
For Mum & Dad	Breast Pads		Comfortable Feeding Cushion	
	Nursing Bras / Sports Bras x 2		Good Baby Books	
	Maternity Pads		Nipple Protector Cream	
			Disposable / Large Knickers	
			Feeding Sheets (see twins-store site for free download)	