



General Shopping Checklist

Medicine Cabinet

- Liquid Acetaminophen - (2-3 bottles)
- Acetaminophen Suppositories
- Diphenhydramine Liquid (2-3 bottles)
- Normal saline nose drops (plain saline)
- Glycerin suppositories
- Pedialyte® (electrolyte replenisher)
- Pedialyte® popsicles
- Digital Thermometer (2-3)
- Vaseline®
- Medicine dosage syringes
- Infant gas drops
- Liquid Mylanta®



Miscellaneous Items

- Baby pear or white grape juice
- Canned peaches in heavy syrup
- Bug repellent (*Skintastic® is one particular brand. Spray on hands, then apply to child sparingly, or just put repellent on baby's clothes and socks and a squirt on the stroller/carseat prior to placing baby in it.*)
- Sunscreen (*Water Babies® or Spectra by Coppertone® are our favorites and come in a stick for ease of facial application.*)
- Nail clippers by Safety First® (with the white handgrip)
- Long handled infant spoons (usually one piece of plastic)
- Biz laundry soap (*Great for stain removal - especially if items are soaked overnight then washed in a regular laundry cycle.*)

First Aid Kit

- Hydrocortisone 0.5% cream
- Hydrogen peroxide (2-3 smaller bottles)
- Polysporin Antibiotic Ointment®
- Anti-bacterial hand wash
- 4x4 Gauze - individually packed (2-3 boxes)
- 2x2 Gauze - individually packed (2-3 boxes)
- Band-Aids® (flexible fabric)
- Ace bandages (2-3 rolls)
- Squeezable ice packs
- Tweezers (diagonal head) (2-3)
- Medical tape



Diaper Rash

- Vitamin A&D Ointment® (without zinc oxide)
- Lotrimin AF® (may find in foot care section of the pharmacy)
- Cocoa Butter cream
- Aqua-Phor Healing Ointment®
- Regular kitchen corn starch
- Kirkland Diaper Wipes®



Skin Care

- Aveeno Oatmeal Bath Packets®
- Eucerin® or Lubriderm® lotion
- Neutrogena T-gel Shampoo (*To be applied as instructed in the book for cradle cap with the approval of the pediatrician - not for regular use.*)

