Suggested Comprehensive List of Clothing and Equipment for a Quadruplet & Quintuplet Multiple Birth

(higher number represents quintuplets)

**NOTE:** Items contained on this list are suggestive only. You may not need or want each and every item. Multiple Births Canada does not hold any responsibility for liability concerned with the purchase of any of these items nor do they recommend one product over another. Please check all safety regulations before you make your purchases, especially for secondhand or borrowed items.

- Car Seats - babies MUST be in properly installed car seats even when being brought home from the hospital. **IT’S THE LAW!**
- Appropriate stroller(s), could be a combination of twin and/or triplet strollers (see Multiple Births Canada Strollers Fact Sheet)
- Single stroller(s) in case you wish to take only one child out at a time
- Rocking chair
- Two cribs can do for at least the first few weeks. You can purchase more as the need arises. The babies initially won’t bother each other, and this purchase method spreads out costs and saves on laundry. Be sure that all mattresses are of a good quality.
- 2 or 3 Playpens- especially important if you have an older child(ren) or large pet. While travelling, playpens can double as cribs.
- 2 or 3 Baby Swings. They take up a lot of room when set up and are difficult to store. *Not all children like swings, so try to borrow extra if you need to.
- Change table- not always essential. A low dresser and padded top will work fine!
- Sunshades for vehicle windows
- 4 or 5 day cradles
- 7 to 9 dozen cloth diapers (also useful as shoulder burp cloths)
- 16-20 large diaper pins
- 24-36 pairs of plastic pants (or current outer-style plastic pants)

- 8-10 packages of newborn size disposable diapers
- Diaper inserts or liners
- 4 or 5 diaper pails. Diaper pail rinse (1/2 cup white vinegar per half pail full of water as a presoak works as urine neutralizer in diaper pail)
- Handiwipes - soft wash clothes work just as well and are cheaper in the long run
- 16-20 receiving blankets
- 12-15 baby blankets
- 16-20 bibs
- 12-14 fitted crib sheets
- 10-12 quilted pads, plastic on one side
- 3 Nighties per baby - you may wish to use nighties until the umbilical cord stubs fall off
- 8-10 baby towels, complete with hoods if you wish - you can use regular towels
- 14-16 small, soft face cloths
- A few comfortable outfits each for visiting
- Sweaters, bonnets, bunting bags, socks, booties, hats - amounts dependent upon the season
- Snowsuit per child. If your babies are born in the spring, wait until fall to purchase suits so you will purchase correct sizes.
- 2 - Rectal/digital thermometers
- Large diaper bag, convenient sized bag or backpack (allowing your hands to be free), for outings - check out the Luggage Department as some carry-on baggage may suit your needs
- Mild baby soap, Vaseline®, Q-tips®, rubbing alcohol (for naval), Penaten®/Zincofax® cream, baby shampoo, mild laundry soap, baby nail scissors, baby oil/lotion (Purchase small sizes
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initially in order to ascertain whether or not your babies will have any allergies)

- 2 - A Batheze® leaves your hands free to wash the baby (bath rings are not recommended as the suction cups can easily come detached while in use).

- A plastic bathtub, should you wish to use one. The large tub area frightens some children and a plastic tub can fit directly into the bathtub to make the area smaller. Can be recycled as the children grow – put on the lawn with water in summer for play, to hold toys, bathe dolls.

- Appropriate crib toys and age-appropriate colourful toys.

- Nightlight(s), baby room(s) monitor

- At least two Baby Snugli®, one for each parent. If you have caretakers, you may wish to purchase/borrow more.

- 6 large bottles per baby, if formula feeding

- Small bottles for water or juice.

- 4-cup measuring cup (for measuring water for formula)

- Bottle and nipple brush

- Formula is available by the case at drug stores and supermarkets. Shop around for the best prices. Try to make a deal with the store manager to buy larger quantities and receive lower prices. Prices change week-to-week, even at the same store.

- 1 baby book per child to record day-to-day milestones, camera/video camera, extra film.

NOTE: Bumper pads and baby quilts/comforters are not recommended due to concerns regarding Sudden Infant Death Syndrome (SIDS) related to crib deaths. This is a big concern for premature infants and their inability to throw off the baby quilt should it cover their face or push away from the bumper pads.

http://www.hc-sc.gc.ca/cps-spc/legislation/pol/bumber-bordure_e.html

Other Resources

- What to bring to the hospital, Multiple Births Canada Fact Sheet series
- Car Seat Tips and Used Car Seats, Multiple Births Canada Fact Sheet series
- Clothing & Equipment for Twins or Triplets, Multiple Births Canada Fact Sheet series
- Safety Tips for Parents of Multiples, Multiple Births Canada Fact Sheet series
- Strollers, Multiple Births Canada Fact Sheet series
- Multiples and Safety, Multiple Births Canada booklet
- Special Delivery: The Handbook for Parents of Triplets, Quadruplets & Quintuplets, Multiple Births Canada booklet

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