

What to put in your changing bag

Before birth

For your baby

- 2 bodysuits in size 42–68
- 2 shirts in size 42–68
- 1 pair of long cotton trousers in size 42–68
- 2 pairs of socks, and depending on the season: hat & jacket for the way home
- 10 burp clothes
- 2–3 nappies in size 1 for the day you leave hospital (can simply be taken with you on the day)

For you during the birth

- 1–2 comfortable, loose-fitting (sweat)shirts or T-shirts
- 1–2 pairs of jogging bottoms or leggings with a soft waistband
- 1 cosy cardigan as a warm layer
- Thick socks
- Slippers
- Pillows
- Massage or body oil
- Lip balm
- Favourite music, books or magazines
- Snacks for reinforcement, such as tea & cereal bars

For your hospital stay

- Toiletry bag with hairdryer and any cosmetics you will need
A little tip: Choose unscented personal care products
- 4 comfortable nightshirts with buttons
- 2 nursing bras & nursing pads
- 1 large pack of high-absorbency sanitary pads
- 4 pairs of boil-proof briefs or disposable briefs
- Dressing gown
- Towels & cosmetic wet wipes
- 4 pairs of socks or knee socks
- Comfortable clothing that fit you a few months ago
- Phone charger

Find the right size for your baby

Body size, age and weight are the basic parameters that determine the right clothing size for your baby. Except for baby sleeping bags – then you only need to know your baby's body size to pick the right size.

Tops and bottoms

Body size (in cm)	42	46	50	56	62	68	74	80	86	92	98
Age	Newborn	Newborn	Newborn	0 – 1 months	2 – 3 months	3 – 6 months	6 – 9 months	9 – 12 months	12 – 18 months	18 – 24 months	24 – 36 months
Weight	up to 3 kg	up to 3 kg	up to 3 kg	4,5 kg	6,5 kg	8 kg	9 kg	10 kg	11 kg	12,5 kg	16 kg

Baby sleeping bags

Size	50	60	70	80	90	100	110	120
Body size (in cm)	50	60	70	80	90	100	110	120

