

Checklist

Your hospital bag

- Maternity log, health insurance card, personal ID & family register or marriage certificate
- Toiletry bag with cosmetics (body oil, lip care, wet wipes, etc.)
- 4 comfortable, loose-fitting nightshirts
- 2 nursing bras & nursing pads
- 1 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 2-3 months ago
- Phone charger

For you during the birth

- 1-2 comfortable, loose-fitting (sweat)shirts or cosy cardigans
- 1-2 pairs of jogging bottoms or leggings
- Thick socks
- Slippers
- Pillows
- Favourite music, book and magazines
- Snacks for an energy boost, e.g. cereal bars



Checklist

Baby's first clothes

- 2 bodysuits
- 2 tops
- 1 pair of long cotton trousers
- 2 pairs of socks
- Baby hat and jacket for the journey home
- 10 burp cloths
- 2-3 size 1 nappies for the day you leave hospital

Clothes for after the birth

- Nightwear suitable for breastfeeding
- Loose and airy maternity wear or breastfeeding shirts
- Breastfeeding blouses
- Nursing poncho to cover you
- Change bag

