

# Checklist

## Pregnancy must-haves

*Wow!*

- 2-3 breastfeeding shirts and maternity blouses

Tip: Loose draping cotton and viscose tops will keep you really comfortable even in summer sun.

- 2-3 maternity dresses or jumpsuits

Tip: Maternity dresses allow you to move freely without restricting you.

- 5-6 breastfeeding bras

Tip: Maternity bras are so comfortable to wear, even during pregnancy.

- 2-3 maternity jumpers or cardigans

Tip: Lightweight maternity cardigans or stretchy cardigans make you appear elongated and are ideal for cooler days.

- 2-3 maternity pyjamas or nightshirts

Tip: Opt for an airy or warmer look, depending on the time of year.

- 1 maternity jacket/maternity winter jacket with babywearing panel

Tip: If you don't want to give up your favourite jacket, you can get an extender to allow for extra room for your belly – and later for the baby.

- 2-3 maternity trousers or jeans

Tip: An adjustable or elasticated waistband provides a comfortable fit without digging into you.

- 1-2 maternity leggings

Tip: They are so comfortable and perfect for wearing under dresses or skirts.

- 1 drawstring jersey cotton belly band

Tip: At the start of your pregnancy, you can continue to wear your favourite trousers and use a belly band to support your baby bump. Another benefit of using a belly band? It closes the gap between your top and belly.