

# Checklist - What do you need?

## FOR YOU

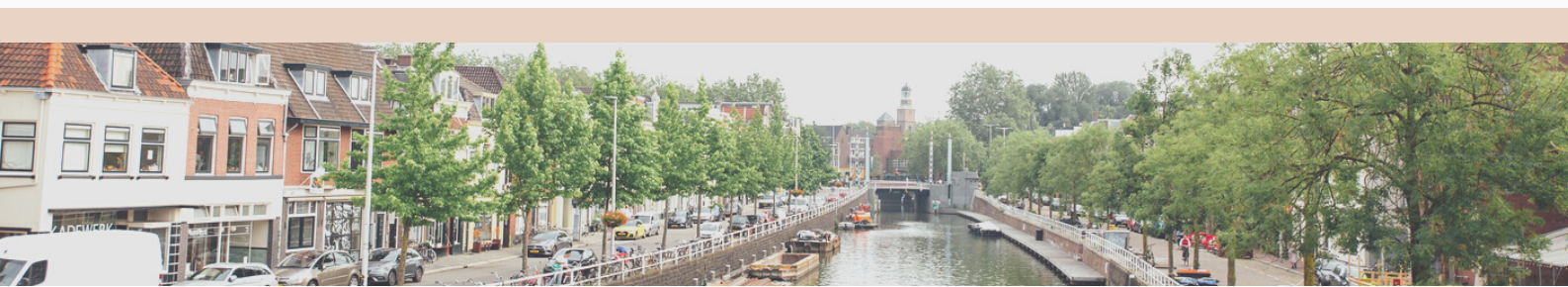
- 2 packs of normal sanitary towels
- 2 packs of maternity pads
- 5 fiber mats
- 1 digital thermometer
- sanitary napkin disposal bags
- 1 measuring jug or wide-necked bottle for rinsing after using the toilet

## FOR THE BABY

- bottle (50cc) denatured alcohol 70%
- a pack of zigzag cotton wool 2 packs of sterile gauze 16x16
- 6 wrap shirts or rompers
- 4 sets of clothes from size 56/62
- 6 burp cloths
- hard plastic bath with stand (height 100/105 cm) or a tummy tub
- soap-free washing gel
- 2 babycares
- 1 seamless iron jug with rubber inner plate and provided with a quality mark logo.
- Check the jug for leaks before and before each use
- 12 hydrophilic diapers to dry the baby with
- 6 hydrophilic washcloths
- 1 pack of disposable diapers or a starter pack of washable diapers made of (eco) cotton, synthetic fiber
- or bamboo
- diaper pail with lid
- 1 digital thermometer (so a total of 2)
- crib or cot with bars with a maximum distance of 7 cm
- 1 molton to protect the mattress
- 3 bottom sheets or fitted sheets
- 3 top sheets
- 2 blankets (preferably 1 wool and 1 cotton)
- 2 hot water bottles of cotton or flannel

## FOR THE HOSPITAL BAG

- Toiletries
- T-shirt or something similar to give birth in
- Pajamas, dressing gown, slippers
- Large underpants (maternity pads are rather large)
- Sturdy (nursing) bras
- Stuff with which you can pass the time when you have to wait, for example music or something to read.
- Maxi-cosi or sling to take the baby home
- Clothes for the baby:
- romper



- Outerwear
- Hat (also in summer)
- Jacket
- Insurance card
- pregnancy file
- (charged) Photo and/or film camera
- Important telephone numbers (put them in your charged mobile phone) of, for example, your partner, the midwife, maternity care, the hospital, the (future) grandfathers and grandmothers, the care for the other children, etc.
- easily digestible food, energy-rich drink, possibly dextrose sweets
- hot water or cherry kernel bag for back pain
- TIP: you can never have your bag completely complete. Make a note stating what to put in it at the last minute

#### **FOR THE HOME BIRTH (EXTRA REQUIRED)**

- 2 (waste bins) with 1 garbage bag
- 1 wash bowl or plastic tub
- extra lamp or hand lamp that gives a lot of white light (such as halogen)
- emergency lighting (strong flashlight with batteries) fuses if necessary
- 1 largest maternity mattress or a plastic mattress protector
- 5 extra fiber mats (so 10 in total)
- • 10 large sterile gauze pads
- 1 in general liquid soap
- roll of toilet paper
- po and bed boosters (can be borrowed for free at medipoint)
- 1 baby bottle (so 2 in total).

#### **WHEN BREASTFEEDING**

- nursing pads
- nursing bras
- a breastfeeding pillow (not necessary, but useful)

#### **WITH BOTTLE FEEDING**

- 2 bottles with teats
- 1 bottle brush
- flee warmer or magnetron
- 1 test pack of bottle feeding for newborn

