



Bag for the hospital

Important papers:

- Papers of the midwife
- Identification pass
- Insurance company pass
- List with important phonenumber

During the labor:

- Comfortable clothes like a nightshirt (This clothes probably get dirty)
- Something to read or music
- Socks
- Hair band
- Something to eat or drink
- Photo or video camera (charged)
- Dressing gown and slippers (possibility)
- Massage oil (when needed)
- Lip balm (when needed)
- Disposable underpads (You can find it in your maternity package from the insurance company)

Own stuff:

- _____
- _____
- _____

After the labor:

- Comfortable clothes
- Sleepwear
- 2-3 (nursing) bra's or bra's without underwire
- Breast pads
- Large underwear
- Maternity sanitary pads (also in the hospital)
- Bag for your cosmetics and ...
- Earbuds for music
- (Smart) phone + charger
- Money (coin for a wheelchair)
- Maternity care information book
- Slippers
- Nipple creme (when needed)
- Breastfeeding tea (when needed)

The baby:

- Bodysuits in size 50/56
- Socks
- 2 small caps (wool, cotton or silk)
- Jumper/trousers or sets
- Winter: Warm coat, Baby blanket
- Summer: Jacket, Baby blanket
- Autoseat 0+ months / Maxi Cosi