



## **PREPARING FOR CHILDBIRTH: What to pack?**

### **Maternity package:**

- 10 cellulose mats
- 2 packs of sterile gauze pads 16 x 16
- 1 pack of zigzag wadding of 100 grams
- 1 sterile umbilical clamp
- 1 soap pump (unscented)
- 1 bottle of alcohol at 70%
- 3 pack of maternity pads
- 1 bed sheet
- 1 digital fever thermometer (not an ear thermometer). You could order this via Duxxie.

*Bobbins:* (or make sure that your bed is about 80 cm high, e.g. beer crates might help)

### **Hospital bag:**

- maternity file
- thermometer for the baby
- clean clothes for yourself (incl. comfortable large underpants, slippers and a shirt / pyjamas)
- toiletry bag
- clothes for the baby in different sizes (eg sizes 50 and 56), a hat and a wrap
- something to drink
- something to eat (crackers, gingerbread)
- something that gives you energy again, such as dextro energy
- clean t-shirt, socks and slippers for the partner (if he massages your back while you shower, he might get wet feet ...)
- phone with charger (or photo camera with full batteries and empty memory card)
- car seat / Maxi-Cosi
- earplugs (due to sounds hospital)

### **Giving birth at home:**

- 2 (waste bins) with 1 garbage bag
- 1 wash bowl or plastic tub
- 1 extra lamp or inspection lamp that emits a lot of whitish light (such as halogen)
- bedpan and bed raisers (free to borrow at the home care shops)
- extra pads (square mats) these are for sale at the: Etos / Kruidvat / drugstore

### **For yourself:**

- 1 measuring jug or bottle with wide neck for rinsing after using the toilet
- maternity pad
- digital thermometer

**For the baby:**

- 6 wrap vests or rompers
- 4 sets of clothing from size 56 / 62
- 6 burp cloths
- hard plastic bath with stand (height 100/105 cm) and / or a tummy tub
- soap-free washing gel
- 2 baby capes
- 2 seamless iron pitchers with rubber inner plate and provided with a quality mark logo. Check the jug for leaks in advance and before each use.
- 12 hydrophilic diapers
- 6 hydrophilic washcloths
- 1 pack of disposable nappies (or for cloth nappies: 12 hydrophilic and 12 eyelet nappies with 1 roll of paper tape, 1 pack of nappies, 6 tie-back nappy pants and 1 bucket with lid)
- 1 digital thermometer
- crib or crib with bars with a maximum distance of 7 cm
- 1 flannel to protect the mattress
- 3 bottom sheets or fitted sheets
- 3 top sheets
- 2 blankets (preferably 1 wool and 1 cotton)
- 2 pitcher pockets made of cotton or flannel

**No longer needed:**

Bellybands (we just let an umbilical stump dry, you don't have to do anything else).