



What to put ready?

Maternity kit:

10 cellulose pads, 2 packs of sterile gauze 16 x 16 cm, 1 pack of zigzag cotton wool (100 grams), 1 sterile umbilical clamp, 1 soap dispenser (unscented), 1 bottle of 70% alcohol, 3 packs of maternity pads, 1 bed sheet, 1 digital thermometer (not an ear thermometer).

Blocks: (or make sure in another way that your bed is about 80 cm high, e.g., with beer crates). Can be borrowed from the home care store.

For yourself:

A measuring jug or bottle with a wide neck for rinsing after using the toilet, maternity pads, digital thermometer

For the baby:

6 wrap shirts or onesies

4 sets of clothes starting from size 56/62

6 burp cloths

Hard plastic baby bath with stand (height 100/105 cm) and/or a tummy tub

Soap-free wash gel

2 baby capes

2 seamless iron hot water bottles with rubber inner lining and marked with a quality logo. Check the bottle beforehand and before each use for leaks

12 muslin cloths to dry the baby with

6 muslin washcloths

1 pack of disposable diapers (or for cloth diapers: 12 muslins and 12 baby diapers with 1 roll of paper tape, 1 pack of liners, 6 tie-style diaper pants, and 1 bucket with lid) 1 digital thermometer, cradle or crib with slats no more than 7 cm apart, 1 mattress protector, 3 fitted sheets or mattress covers, 3 top sheets, 2 blankets (preferably 1 wool and 1 cotton), 2 hot water bottle covers made of cotton or flannel.

Hospital bag:

Hot water bottle cover (these are not standard in the hospital),

maternity file,

thermometer for the baby,

clean clothes for yourself (including comfortable large underwear, slippers, and a shirt/pajamas for giving birth; optionally nursing bra),

toiletry bag,

baby clothes in different sizes (e.g., size 50 and 56),

hat and swaddle,

something to drink,

something to eat (crackers, breakfast cake),

something to boost your energy like dextrose energy tablets,
clean T-shirt, socks, and slippers for your partner (if he massages your back while you shower, he will get wet feet...),
phone + charger,
car seat for your baby.

home birth:

2 (trash cans) with 1 garbage bag,
1 washbasin or plastic tub,
1 extra lamp or flashlight that gives a lot of white light (like halogen)