

MATERNITY
ESSENTIALS



MUM

Clothes

- 1 or 2 long cardigans
- 1 oversize shirt
- 2 night dresses
- 5 t-shirts
- 3 bras
- 5 cotton knickers
- 5 pairs of socks
- 1 pair of slippers
- 1 outfit

Toiletries

- 2 towels
- Tooth brush and tooth paste
- Shampoo and shower gel
- Deodorant and body lotion
- Stretch mark oil
- Breast pads and womens care
- Hair band / or head band

BABY

For the big day

- 1 long-sleeved bodysuit
- 1 sleepsuit
- 1 newborn cardigan
- 1 beanie and 1 pair of socks
- 1 TOG 2 sleeping bag

For the hospital

- 6 to 8 long-sleeved bodysuits
- 6 to 8 sleepsuits
- 1 daywear outfit
- 2 warm newborn cardigans
- 2 pair of socks
- 2 TOG 2 sleeping bags
- 2 bath capes
- 5 bibs and diapers made out of textile
- 1 comforter
- 1 dummy (reinforced)

To go out

- 1 baby nest or blanket
- 1 car seat
- 1 bassinet
- 1 baby carrier
- 1 comforter
- 1 baby carrier

SECOND PARENT

- ID
- Changing clothes
- Phone
- Some change
- Something to eat

DO NOT FORGET

- Water spray
- Nightlight
- Camera

Important documents

- Blood group card
- Medical file
- Official family record book
- A note book for daily follow up

