CHECKLIST

My hospital bag

When labour begins, it is good to have a hospital bag already prepared. It is best to pack all the essentials for a few days in the hospital – even if you are planning an outpatient birth or a home birth.



Useful items for the birth

- ◯ Comfortable clothes and one or two longer T-shirts for changing
- ◯ Slippers that are easy to put on
- ◯ Warm socks and a comfortable jacket or sweater (many women get cold, especially in the later stages of childbirth)
- ◯ Lip balm, possibly massage oil and/or bath essence
- ◯ Favourite music for distraction and relaxation
- ◯ Hair clips, hair ties or hair band (to keep hair out of your face during childbirth)
- ◯ Smartphone/mobile phone (with a charger so it is ready for the first baby photos and messages to family and friends)
- ◯ In the case of health conditions: Aids (e.g. walking aid, glasses, hearing aid, etc.) and medication that you need
- ◯ Food: Water and other cold and hot drinks are usually available in the delivery room, often also for your companion. Since births often take some time, it makes sense to bring energy-rich snacks with you, such as cereal bars or fruit – also for your companion.

For the stay in hospital

- ◯ Comfortable clothes and/or pyjamas or nightdresses
- ◯ Tops that open easily for breastfeeding or baggy T-shirts
- ◯ Bathrobe, cardigan or sweat jacket
- ◯ Breastfeeding bra (two cup sizes larger than during pregnancy)

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- ◯ Breastfeeding pads
- ◯ Multiple high-quality cotton briefs or disposable briefs
- ◯ Particularly absorbent sanitary pads (not tampons!)
- ◯ Towels, flannels
- ◯ Personal care products
- ◯ Baggy clothes for the journey home (something that fitted you in about the 6th month of pregnancy)
- ◯ Books, magazines
- ◯ Change, for example for a drinks or parking machine

For the newborn baby

Hospitals provide clothes and nappies for the newborn baby so that you only need to bring all the essentials for your journey home with you. It is best to wash new baby clothes beforehand.

- ◯ Bodysuits (size 56 to 62)
- ◯ Nappies
- ◯ Babygrows or trousers and top
- ◯ Jacket, hat
- ◯ Baby blanket
- ◯ If you are travelling home by car: Car seat/baby seat with the necessary equipment for newborn babies
- ◯ If you are walking: Pram or baby sling

Required documents

- ◯ ID card
- ◯ Maternity record
- ◯ Family register, marriage certificate or mother's birth certificate if she is unmarried
- ◯ Health insurance card