



# Checklist baby essentials

On this baby essentials checklist you will find everything you need for a home birth or a hospital birth. You will also find an overview of the items you need for caring for your baby during the first weeks.

## Maternity Kit and Medipoint

Good to know: most health insurers provide a maternity kit with basic supplies. Ask your health insurance provider about this. In addition, Medipoint offers many maternity care aids that you may need during and after pregnancy.



## For the mother

### (Natural) maternity kit

- Mattres protector
- 10 maternity pads (cellulose pads)
- 2 packs of maternity sanitary pads
- 2 packs of sanitary pads
- 2 boxes of sterile gauze pads
- Pack of wool or cotton pads
- Bottle of 70% alcohol
- Soap dispenser
- Umbilical cord clamp

*Because the membranes may rupture spontaneously, it is advisable to protect your mattress at the end of pregnancy (from week 36 onwards) with a mattress protector or waterproof mattress cover.*

### Tip

### Home birth

- Bedpan
- Torch (or smartphone flashlight)
- Toilet paper/kitchen roll
- 2 buckets and garbage bags

*Protect you car seat when travelling to the hospital with a maternity pad from your maternity kit.*

### Tip

### Care and recovery

- Step stool (to get into bed)
- Bed linen for the maternity bed (minimum 2 sets)
- Bed risers or raised bed (minimum height 80 cm)
- Extra pillow or back support
- Water bottle or clean bottle (for rinsing after using the toilet)
- Pack of salt (for rinsing maternity laundry)
- Digital rectal thermometer for the mother

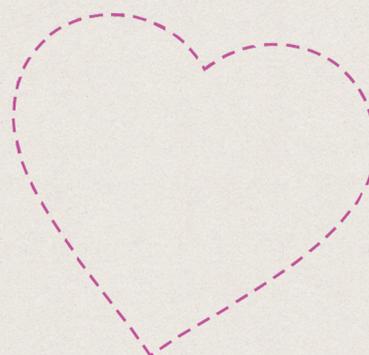
### Hospital bag

Ready from week 36

- Comfortable clothing for labour
- Socks
- Toiletries
- Lip balm (breathing through contractions may cause dry lips)
- Nightwear
- (Nursing) bra
- Dressing gown and slippers
- Clean clothes for journey home
- Smartphone/camera/charger
- Something to read
- Hospital patient card (if you have one)
- Coin for a wheelchair
- Optional: glucose/dextrose tablets and a snack (e.g. a muesli bar)
- Underwear
- Shoes

### To bring for your baby

- Jacket/cadigan and hat
- Car seat
- Swaddling blanket
- Burp cloth
- 2 sets of tops and bottoms



# For the baby

## Clothing

- Jacket or cardigan
- 2 small hats
- 6 onesies
- 6 tops & trousers or sleepsuits
- Socks

Wash the baby essentials (items that come into contact with the baby) in advance.  
Advice: do not use fabric softener to prevent possible allergic reactions

## Tip

## Sleeping

- 3 mattress protectors or molton sheets
- 3 fitted sheets
- 2 cradle/cot blankets
- Cradle/cot/co-sleeper
- Breathable mattress, at least 8 cm thick
- 3 top sheets
- 2 seamless aluminium hot water bottles with covers
- Smoke detector



Properly functioning smoke detectors are vital.  
Install smoke detectors wherever a fire may start.

## Care and bathing

- Pack of disposable diapers or +/- 18 reusable diapers
- 18 muslin cloths
- Baby wipes
- 6 muslin washcloths
- 6 burp cloths
- Digital rectal thermometer for the baby
- Changing table (minimum height 90 cm)
- Changing mat and 2 covers
- Baby hairbrush/comb
- Petroleum jelly
- Baby bath/Tummy Tub with stand at correct height for parent(s)
- Bottle of soap-free wash gel/body wash
- 2 swaddling blankets



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## Breastfeeding

- Nursing pads
- A nursing bra without underwire that fits well at the end of pregnancy

## Formula feeding

- Feeding bottle + matching teat
- Tin or carton of infant formula
- Bottle and teat brush

If you are unable to afford baby essentials yourself, you can contact the Kraambank.

More information:  
kraambank.nl

## Tip

## Household items

- Cleaning cloths
- Bucket + cleaning agent
- Mop with handle
- Tray (not essential but useful for your maternity care assistant)



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