

Checklist of requirements

Below you will find a list of all items you will require for childbirth and maternity period. These requirements cover both mother and child, for childbirth at home or in hospital. With regard to items for the baby, we would advise you to have everything washed in advance. Do not add a fabric softener so as to prevent irritation of your baby's skin.

Mother:

- 2 packages of maternity sanitary towels*
- 2 packages of sanitary towels*
- 10 cellulose fiber pads*
- 2 packages of sterile gauzes (16/16)*
- 1 bottle of 70% alcohol (50 ml)*
- 1 thermometer (no ear thermometers)
- 1 liquid soap dispenser (anti-bacterial)*

Baby:

- 1 thermometer (no ear thermometers)
- 2 metal hot water bottles with hot water bottle bags
- 1 dressing cushion
- 1 package of cottonwool dressings*
- 12 water absorbent diapers
- 3 flannel diapers
- 6 undershirts and rompers in 2 sizes
- 6 baby sweaters and trousers or long outfits in 2 sizes
- 3 hats
- 1 jacket
- 6 bibs
- 6 cotton washcloths
- 2 bath capes
- 1 litter bin
- 1 brush or comb
- 1 cot/crib with firm, 6-8 cm thick mattress
- 3 bottom sheets
- 3 top sheets
- 3 flannel underliners
- 2 baby blankets 1 white, 1 cotton or wool (not fleece)
- 1 baby bath (with stand) or tummytub
- 1 package of baby wipes
- 1 package of disposable diapers **or** 24 cotton cloth diapers, safety pins, 1 roll of tape and 1 package of diaper inlay cloths

* Required items are included in the maternity kit

Breastfeeding:

- Breastfeeding compresses

Bottle-feeding:

- 2 small feeding bottles with teat and graduation
- 1 package of baby food
- 1 bottle cleaner

Requirements for homebirth:

- 2 buckets
- 1 package of bin bags
- 1 umbilical clamp*
- 10 large sterile gauzes (10/ 10)*
- 1 large maternity mattress to protect your mattress*
- A couple of old towels or bath towels
- Mattress protection (i.e. plastic/rubber underlay)
- Good light / flashlight

Items needed in hospital bag:

- Anything you feel you may require, but a minimum of the following:
- Set of clean clothes for the mother
- Clean T-shirt for the father
- Camera with spare battery or charger
- Pregnancy documents
- Patient details card
- Insurance card
- Euro coin for the wheelchair
- Toiletries
- Food or drinks that you like
- Maxi-Cosi
- Keys/ telephone / telephone numbers
- 2 rompers, trousers, sweaters, socks and hats for the baby (in 2 sizes)

* Required items are included in the maternity kit