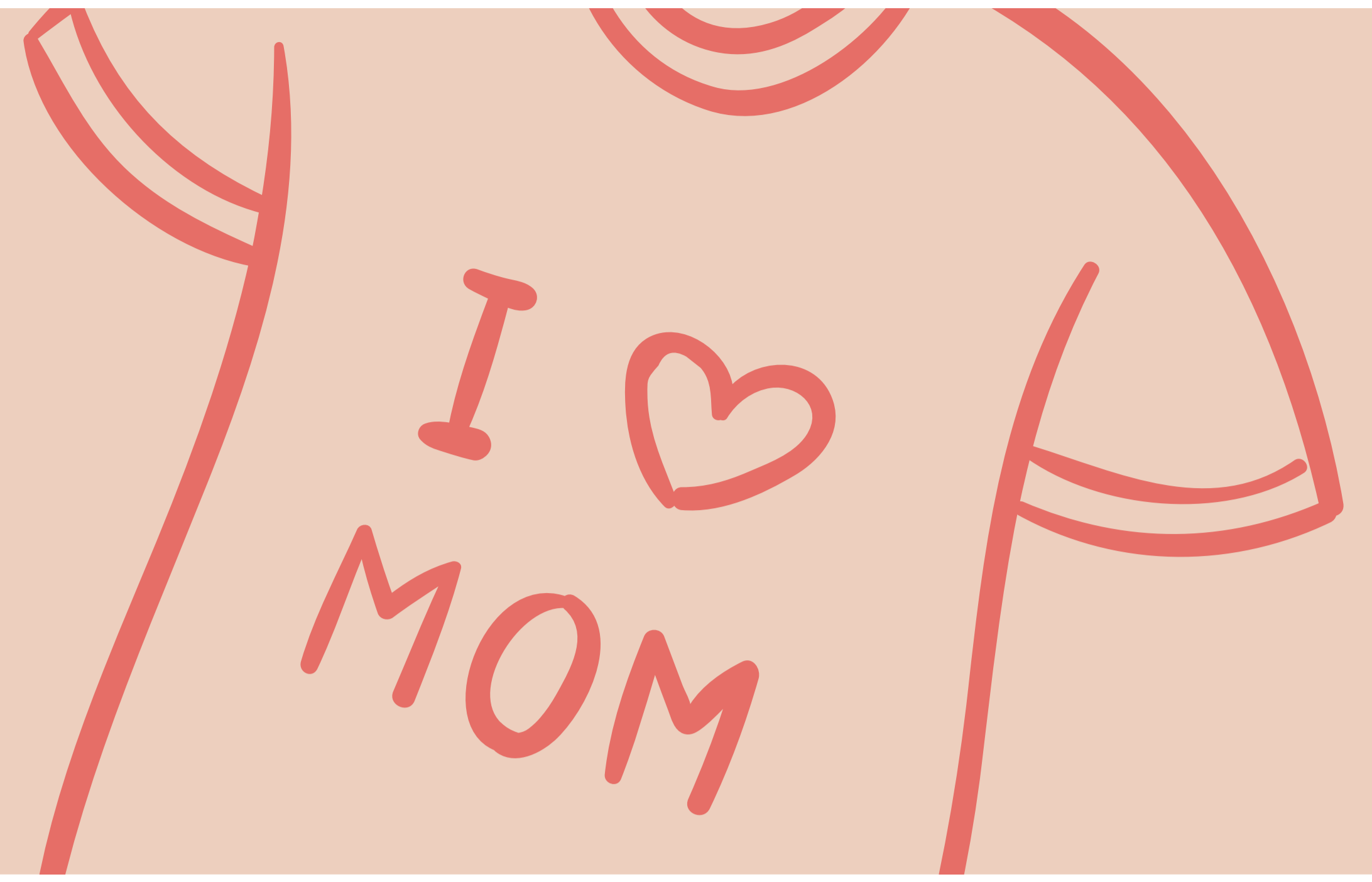


Birth checklist ✓

My checklist to make sure you don't forget a thing on D-day!



☑ My printable checklist

For Baby ✓

For the delivery room

- 1 bodysuit
- 1 pyjama
- 1 bra or vest
- 1 pair of socks
- 1 birth set (mittens + booties booties + bonnet)
- 1 bonnet
- 1 sleeping bag

For the maternity stay

- 1 changing bag
- 8 bodies
- 6 pyjamas
- 4 pairs of booties or socks
- 3 bras or vests
- 2 sleeping bags
- 1 blanket
- 1 bonnet
- 6 bibs
- 1 or 2 complete outfits (for outings)
- 2 bath towels
- 5/6 cotton diapers
- 1 comforter
- 1-2 pacifiers
- 1 bath thermometer
- 1 flexible baby thermometer
- 1 pack of diapers
- 1 toiletry bag
- 1 outing cosy
- 1 angel's nest for the outing

For Mom ✓

For the delivery room

- 1 long, comfortable T-shirt
- 1 vest
- 1 pair of socks
- 1 spray bottle
- Food (no chocolate), drink (clear drink)
- 1 telephone / camera and charger
- 1 pair of flip-flops or slippers

For the maternity stay

- 2 pyjamas or nightgowns
- 1 cardigan
- 2 leggings
- 4 T-shirts
- 4 pairs of socks
- 1 pair of slippers
- 2 complete outfits (for visits and outings)
- 3 bras
- 5 panties
- 1 nursing pillow
- 1 breast pump
- 1 baby sling
- 1 nightlight
- lanolin cream
- nursing pads
- sanitary towels +++ post delivery
- towel
- Toiletry bag with usual
- usual

For Mum / Dad ✓

For the delivery room

- change for coffee
- reading material
- music
- snacks and drinks
- tissues
- telephone and charger
- camera

Administrative documents ✓

- registration form for maternity hospital
- the complete pregnancy
- blood tests and analyses
- blood group card
- health insurance card
- identity card