

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.

Home birth

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

Care and recovery

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

Hospital bag

Ready from week 36

- Comfortable clothing for labour
- Socks
- Toiletries
- Lip balm (breathing through contractions may cause dry lips)
- Nightwear
- Underwear
- (Nursing) bra
- Dressing gown and slippers
- Clean clothes for journey home
- Smartphone/camera/charger
- Shoes
- 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)

To bring for your baby

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

Protect you car seat when travelling to the hospital witha maternity pad from your maternity kit.

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.

Sleeping

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

Breastfeeding

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

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

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

More information: kraambank.nl

Formula feeding

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



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



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For assistance during labour or the start of maternity care, we are available 24/7 via 0 50 366 6422. Please listen carefully to the menu options.

Household items

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


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