

# What do I need during my pregnancy?

## Checklist

- ☐ 2 - 3 well-fitting trousers (with adjustable or elasticated waistband)
- ☐ 1 skirt or dress
- ☐ 2 - 3 matching tops
- ☐ 1 long knitted cardigan
- ☐ 2 matching bras
- ☐ 5 - 7 large cotton pants
- ☐ 1 - 2 pairs of comfortable, flat shoes
- ☐ 1 waistband
- ☐ 2 pairs of support stockings
- ☐ Several pairs of loose-fitting socks



## Recommendations from reer

- reer mama trouser extension-set
- reer mama wellness cooling socks



# The clinic bag

## Checklist



### For the mum



4 -5 nightgowns / pyjamas



1 - 2 nursing bras, breast pads



warm, anti-slip socks



comfortable slippers



5 - 6 cotton pants



Knitted or sweat jacket



comfortable jogging trousers



Wardrobe for the journey home



Toiletries, hairdryer



Flannels, towels



Pen, paper



Small change, mobile phone

### Tip:

Clinic bag  
for the dad

- drinks
- snacks
- Wristwatch
- small change
- Camera



### For the birth



Identity card



Health insurance card



Induction licence



Maternity passport



Allergy passport (if available)



warm socks



Glasses (no contact lenses)  
if necessary



loose T-shirt or nightgown