



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







δ 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

δ For the birth

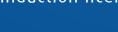




Health insurance card



Induction licence



Maternity passport



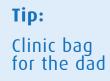


Allergy passport (if available)

warm socks



loose T-shirt or nightgown



- drinks
- snacks
- Wristwatch
- small change
- Camera

