

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