

Items for you personally

- Toiletries and hair dryer
- 2 to 3 nightgowns or pajamas (with front buttons)
- Underwear and nursing bra
- Bathrobe
- Well-worn slippers/house shoes
- Nursing pads
- Comfortable clothing
- Optional blanket for the baby
- Optional earplugs
- Hair tie

Required paperwork

- Mother's pass
- Insurance card of the health insurance company (with chip card)
- Allergy pass (if available)

Items for the delivery room

- warm socks
- Music according to taste
- Dextrose, muesli bars, sweets
- „Snack“ for the father-to-be
- comfortable top for childbirth
- Camera

Items for when you go home after your discharge

- first baby equipment
- Baby transport seat for the car