



Baby Jogging Stroller

Checklist: The clinic bag

When labor begins, it's good to have a packed hospital bag ready.

To be on the safe side, it's best to pack everything you need for a few days in the hospital - even if you're planning an outpatient or home birth.

Useful items for the birth

Comfortable clothes and one or two longer t-shirts

Slippers that are easy to slip in

Warm socks and a comfortable jacket or sweater

(many women get cold, especially in the later especially in the later stages of childbirth)

Lip balm, massage oil and/or bath additive

Favorite music for distraction/relaxation,

Hair ties or hair band (to keep hair out of face during birth)

Camera for the first baby photos (it should be able to provide wonderful photos even without flash, so as not to frighten the newborn with the flash)

Cell phone (with the numbers of those you would like to inform about the birth of the child)

In case of disability or health limitation: aids

(e.g., walker, glasses, hearing aid, etc.) and/or medications you may need.

Catering: In the delivery room, there is water available as well as other cold and hot drinks,

often also for the accompanying person, since births often take longer

bring along high-energy snacks such as cereal bars or fruit—and for the accompanying person



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For the stay in the clinic

Comfortable clothing and/or pajamas or nightgowns.

Tops that open for breastfeeding, or loose-fitting T-shirts

Bathrobe or cardigan or sweat jacket. Slip-on shoes, Cozy socks,

Nursing bra (two cup sizes larger than before)

Nursing pads, Nipple balm

Several boil-proof cotton briefs or disposable panties

Extra-long phone charging cord
Laptop or tablet

Extra absorbent pads (no tampons!)

Towels, washcloths

Personal care items

Loose clothes for going home (something that fits around 6 months)

Books, magazines

Address book, notebook, writing materials
Change, such as for a drink or parking

For the newborn

In the clinics, they provide clothes and diapers for the newborn, so that only everything necessary for the way home.

On the way home.

It is best to wash new baby clothes beforehand.

Bodysuits (size 56 to 62)

Diapers

romper suit or panties and top

Jacket, cap

Baby blanket

If you are going home by car:

Car seat/baby car seat with the necessary equipment for newborns

If you are walking: Stroller or sling

Required documents

Identity card

Maternity passport

Family record book or marriage certificate or birth certificate of the mother if she is single

Insurance card for the health insurance company

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