

For the home birth

Kraampakket

You need a maternity package for a home birth. If you have supplementary insurance, you can request a maternity package from your health insurer, if not, you can buy the most important materials separately in a shop (baby or home care shop), pharmacy, drugstore or online..

Examples of main materials include;

- Cotton wool
- Alcohol 70%
- Maternity bandages
- Pads
- Screens
- Thermometer
- Mattress protector

Another important thing to have at home is a bright lamp (the midwife often has one with her). For a home birth, we also need two buckets with a garbage bag for dirty laundry and biological waste. Blocks to raise your bed (this is necessary if you do not have a box spring or a high bed. The bed must be approx. 80 cm high).



Tip. Even if it is a home birth, it is still useful to have the vluchtkoffer ready in case you have to go to the hospital.

For hospital birth

Vluchtkoffer

- Newborn:
- 2 rompers
- 2 shirts
- 2 pairs of pants
- Sets of clothes
- Jacket
- 2 Hats
- Socks and possibly slippers or shoes
- A large muslin diaper to wrap your baby in
- Baby seat for the car and a blanket

Mother

- Socks and slippers or slippers
- Underwear: large underpants for after childbirth and a clean nursing bra.
- A shirt you want to give birth in
- Comfortable clothing for after childbirth, sweater or cardigan
- Pajamas and possibly a dressing gown
- Possibly your glasses or contact lenses (liquid)
- Toiletry bag with all the care items you like to use, such as; Toothbrush and toothpaste, deodorant, shower gel, hairbrush and possibly rubber bands, make-up remover wipes, make-up, lip balm.

Partner

- Clean clothes and underwear
- Toiletry bag with care products
- A book or magazine
- Check whether all important telephone numbers are in your mobile.
- Toothbrush and toothpaste.
- Deodorant.
- Possibly glasses or contact lenses with lens case and lens solution.
- Any medicines.
- One or two shirts.
- Possibly an extra pair of trousers.
- Clean underpants.

Very important: the camera (or phone of course). Check whether the camera or telephone is sufficiently charged and whether there is sufficient memory available

Some handy things that come in handy in your hospital bag..

- Food/drink for when the hospital shops are closed or there is no time to get something.
- Grape sugar for extra energy.
- Magazines or a book.
- Headphones to listen to music.
- Your telephone, laptop or tablet and chargers
- Your insurance papers.
- Any hospital cards.
- The birth plan.
- Wallet with your debit card, proof of identity and your healthcare card.
- Obstetrician's pregnancy data (card/online or app).
- Keys.

Home list

Baby clothes

- 6 rompers
- 6 pieces of outerwear
- 6 pairs of pants
- 4 pairs of socks
- Jacket or cardigan
- 2 cotton caps
- Wardrobe for the baby

For changing diapers

- 2 packs of new born/number 1 diapers or washable diapers
- Baby wipes
- Diaper ointment
- Changing mat
- 2 covers for changing pad
- Chest of drawers
- Nappy pail/ Nappy bags

Care

- Vitamin D and (K only with full breastfeeding)
- 2 digital thermometers
- Baby oil
- Soft baby brush or comb
- Nail files (prefer cardboard files)
- Pacifier

Wipes

- Minimum 12 muslin diapers
- 2 large muslin diapers
- 6 mouth wipes

In bad

- Baby bath with standard or Tummy tub
- Baby bath oil and/or soap-free washing gel
- 6 hydrophilic washcloths
- 2 bath capes
- Bath thermometer

For breastfeeding

- 2 nursing bras
- Nursing pads
- Breast pump (if needed after childbirth)
- Breast milk storage bags
- Nipple ointment
- Nursing pillow (not necessary, but allowed)

For bottle feeding

- Artificial nutrition
- 2 bottles and 4 teats
- Bottle warmer (not necessary)
- Bottle brush

For on the road

- Car seat 0+
- Pram or baby carrier/sling
- Diaper bag
- Changing mat (Luxury)
- When breastfeeding, a cool bag for expressed milk

Before going to sleep

- Crib or cot
- Mattress
- 2 flannels
- 3 fitted sheets
- 3 top sheets
- 2 cotton or wool blankets
- 2 seamless metal jars
- 2 hot water bottle bags
- Nightlight
- Travel cot or camp bed

Tip: Wash the layette beforehand to prevent any skin irritation of the baby. Do not use fabric softener. Drying can be done in the air or in the dryer.