



Preparing the bag for the Hospital

For the staff:

- Your birth plan
- ID cards for both you and your partner
- The maternity file/assessment from your midwife (these days most of it is digital, so you may not need it)

Food and drinks:

- Snacks, dried fruit, chocolate- quick energy for during labor
- Juice for hydration and quick sugar
- Something more filling for after birth, like quiche, sandwiches, or other snacks you enjoy
- In the Netherlands you'll usually get bread with cheese for breakfast and lunch, so bring something you'll really like

Clothing:

- Comfortable clothes for yourself, both during and after birth
- A sports bra or crop top if you get warm, or a loose shirt/nightgown
- A blanket and pillow will be provided by the hospital, but bring your own if you prefer the comfort of home
- Underwear you don't mind throwing away after birth, or even better, disposable mesh underwear
- Cozy warm socks
- Comfortable clothes for your partner, with a spare set in case labor takes long
- Two complete outfits for the baby
- For partner: bathing suit (in case you want him with you in the birthing pool)
- For partner: slippers (in case you want him with you in the shower)

Shower/bath items:

- Toothbrush and toothpaste
- Body wash and shampoo
- Flip-flops for the shower
- Cream/lotion
- Large towel
- Bathrobe

Buy in advance and bring:

- A pack of disposable mesh underwear to hold the large maternity pads after birth
- Lip balm (your mouth may get very dry during labor)
- TENS machine (you can try to get it reimbursed or borrowed through your health insurance)
- Cord clem (flat and from silicon)
- Essential oils of your choice (for relaxation, grounding, or comfort)

Music:

- A playlist of relaxing music
- Headphones or a speaker

Extra items:

- Hair ties
- A small sports bottle with a spout or a long bendable straw to drink even while lying down
- Earplugs if you want silence
- Battery candles for atmosphere

**Documenting:**

- Decide in advance if you want to be photographed, how much, and when. Sometimes you think you won't want it, but in the moment you might feel differently. Remember: photos can always be deleted, and most of the time they are precious memories afterwards.
- Camera + spare batteries/charger
- Phone charger