

## What to have at home

- Your maternity package (usually from your insurance company)
- Two digital thermometers (one for your baby, one for you)
- Hydrophilic diapers (cloths) approx. 10
- Spit cloths
- Babyclothes and babyhats (3 sets)
- (disposable) diapers
- Metal hot-water bottle with cotton sack
- Babyblankets (2 times)
- Handsoap (with pump)
- Changing mat
- Crib or cradle with bedding (information about safety: [www.veiligheid.nl/tips-en-advies/veilig-slapen-tips](http://www.veiligheid.nl/tips-en-advies/veilig-slapen-tips))
- Garbage bags

You can rent adjustable bed raisers (to make the bed higher till approx. 80 cm) at Cordaan Thuiszorg (0800-2887766)

Your bag for the hospital should contain: (also if you're planning to deliver at home)

- Comfortable clothes for you (for example pyamas or t-shirt, loose pants)
- Underwear
- Toiletries
- Warm socks
- Something to eat
- Camera (with charged batteries) or Phone with charger
- First clothing set and hats for the baby
- Babyblanket
- Car seat
- ID