HOSPITAL BAG

by Midwife in Berlin

BIRTH

- [ ] 1-2 nightdresses (old, long, with buttons for breastfeeding)
- [ ] Warm socks & cardigan/bathrobe
- [ ] Slippers & hair band
- [ ] Music device or playlist
- [ ] Favourite cushion or small pillow
- [ ] Lip balm & small comfort items
- [ ] Optional: fancy drinks or snacks
- [ ] Phone charger

POSTPARTUM

- [ ] 1–2 nightdresses or pyjamas
- [ ] Big towel for a relaxing shower
- [ ] Cotton underwear & nursing bra
- [ ] Personal cosmetics & hair band
- [ ] Light blanket for snuggling
- [ ] Earplugs & sleep mask
- [ ] Optional: fancy drinks or snacks

PARTNER

- [ ] Warm socks & comfy clothes
- [ ] Snacks & drinks
- [ ] Money, small change

BABY

- [ ] Vest & babygrow
- [ ] Cardigan or suit
- [ ] Hat & tights/socks
- [ ] Blanket or cover
- [ ] Car seat (if needed)

PRO TIPS FROM ME

- German hospitals are well-equipped: baby nappies, clothes, and disposable pads & underwear are provided
- Original documents for registering your baby at the Standesamt are helpful
- start **packing 4 weeks before your due date, just in case**