



Geburtshilfe

Evangelisches Klinikum Köln Weyertal

Packing a suitcase- checklist

Is everything ready for the birth?

- There are only a couple of weeks to go to the birth and a packed suitcase is one thing less to worry about. You are ready for the big day and there is no need for hectic when suddenly, without prior knowledge, the labour pains begin.
- Important papers & documents:
 - maternal health passport
 - identity card
 - family register if available
 - notice of referral if sent by gynaecologist
 - medical insurance company ID
 - allergy pass if available
 - birth certificate if single mother

for the mother:

- personal hygiene articles, hair dryer etc.
- hand-towel and face flannel
- nightie or comfortable shirt for the birth
- pyjamas and night-dresses
- comfortable clothing for your time in the post-natal station
- clothes for the trip home (maternity clothing from before can also be used for after the birth)
- maternity bra
- underclothes
- bathrobe
- warm stockings
- slippers
- camera
- address book with the most important telephone numbers.
- small change
- small snack and drink for you and your accompanying person

for the baby:

- Clothing for your baby will be provided by the clinic for as long as you stay with us, so you only need enough baby-clothes for the journey home.
- infant carrier for the car (make sure you know how to operate the carrier before the day you need it)
- a blanket, a foot muff for babies (depending on the time of year)
- shirt, body, romper-suit, socks, cap, and jacket in sizes 50/56 (don't forget to wash new baby clothes beforehand)
- burp cloths

Do you have questions?

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