



### Checklist maternity package (*kraampakket*)

A 'maternity package' must contain at least the following items:

- A waterproof mattress cover (You should place this on your bed four weeks prior to your due date. We advise you to place a regular soft mattress protector on top of it. Or buy a more comfortable waterproof mattress protector at IKEA, HEMA or Bol.com.)
- 10 underlining sheet pads (*celstof matjes*)
- 2 packages of delivery gauze pads (*kraamverband*)
- 1 package of panty liners (*inlegverband*)
- 1 package of menstrual pads (*maandverband*)
- 1 large package of sterile gauze, at least 10x10 cm (*steriele gaasjes*)
- 2 packages of small sterile gauze, approximately 4x4 cm
- 1 small bottle of alcohol 70%
- 1 package of long 'zigzag cotton strips' (*zigzag watten*)
- 1 small bottle of disinfectant soap
- 1 small bottle of disinfectant handgel
- 1 sterile cord clamps (*navelklem*) or cordring

TIP: These items are easily obtained at any drugstore or via your Dutch health insurance, under the name 'kraampakket'.