

Equipment for the first time with the baby

for the baby

- 4 - 6 muslin nappies
- 1 bath towel (or a normal towel)
- 4 towels as changing table pads
- 1 - 2 washable changing table pads
- 10 washcloths and, if necessary, additional wet wipes for travelling
- 1 woollen baby blanket
- disposable nappies (size 1) or cloth nappies
- possibly a rubbish bin next to the nappy changing area
- almond oil for skin care after bathing
- clinical thermometer
- nail scissors with rounded tip
- 2 long-sleeved cotton nappy changing bodies
- 2 long-sleeved woollen-silk swaddling bodies
- 2 wool-silk trousers
- 2 cotton or wool tights
- 2 cardigans
- 1 warm cardigan
- 1 - 2 pairs of warm woollen socks
- 1 pair of warm woollen shoes
- 1 wool-silk newborn hat
- in winter: 1 warm woollen hat, one overall
- 1 pair of wool-silk pyjamas (size: 62)
- possibly 1 baby sleeping bag (size: 62)
- possibly 1 pair of legwarmers/cuffs



for the postpartum period

- possibly 1-2 packs of incontinence trousers for the first 1-2 weeks
- thick pads (without plastic, without fragrances)
- or 15-20 cloth pads
- or 2-4 period panties
- soft toilet paper
- possibly a intimate douche or jug for washing
- possibly 2 packs of food pots for pads
- 2-3 nursing bras (1-2 sizes larger than before pregnancy, underwired)

for the family

- support, time, understanding, encouragement
- warm, nutritious meals; also pre-cooked from the freezer
- possibly delivery service vouchers
- support in the household, shopping, laundry etc.

miscellaneous

- possible bed extension
- baby car seat (can also be borrowed, e.g. from ÖAMTC)
- baby sling or other high-quality baby carrier
- possibly a night light
- possibly a heat lamp for the changing table

not necessary

- baby bouncer, bassinet, playpen, motorised hammock, baby walker...
- special baby detergent
- cosmetic products with Vaseline / paraffin (contains petroleum!)
- baby shampoo
- playbows, pacifier chains...
- bottles, pacifier, bottle accessories...
- pushchair
- own nursery
- high chair