



## PREGNANCY ESSENTIALS

ITEM NAME	DO I ALREADY HAVE THIS?			WILL BE GIFTED?		MY COST
	HAVE	NEED	DON'T NEED	YES	NO	
PRENATAL VITAMINS						
PREGNANCY BOOKS*						
MATERNITY BRA						
SOFT TOOTHBRUSH						
PREGNANCY PILLOW**						
MATERNITY CLOTHING						
NAUSEA REMEDIES						
ANTACIDS						
CHILDBIRTH COURSE						
PREGNANCY ESSENTIALS TOTAL						

### Recommended Maternity Clothes Items:

2-3 Maternity Shorts (if pregnancy is in the summer)

2-3 Maternity Pants

2-3 Maternity T-Shirts

2-3 Maternity Dress Shirts (if absolutely needed)

For Labor and Delivery - Robe or delivery gown\*\*\*

\*Borrow from local library

\*\*Optional but helpful

\*\*\*Hospital provides, but personal gown increases comfort.