

StrampelWicht

Nachhaltig & Fair für die ganze Familie



The first list of equipment - our recommendation for children in the summer:

To make it easier for you to prepare, we have put together a list of the things you 'really need'.

The baby market offers so much and unfortunately unnecessary things are often bought first.

Our motto that makes life with a child easier: 'Less is more'.

Clothing:

- 3 wool/silk (wrap) bodysuits, long-sleeved
- 2-3 wool/silk trousers, e.g. bib trousers (grow with the baby)
- 2 wool/silk slip-on or wrap shirts
- 2-3 slips (or other wrap jackets/sweaters) knitted wool, wool/silk, cotton/wool or cotton/silk. Jacket, for example from Puri
- 1 short-sleeved body or player
- 1-2 romper suits with leg wraps (wool/silk Lilano)
- 1 overall for the cooler days during the transition (cotton or woollen knit, for example from Disana)
- 2-3 pairs of socks at least 1 x woollen sock, for example bacon socks from Grödo
- 4-5 triangular scarves made of wool-silk or cotton as a neck or burp cloth
- 1 wool/silk hat
- 2 pucksacks made from cotton flannel, muslin or wool/silk
- 1 sun hat, possibly UV-protective clothing, e.g. fire brigade from Pickapooh

Sleep:

- 1-2 sleeping bags made of woollen terrycloth or wool-silk (alternatively: pucksacks)
- Cot 70x140 cm, possibly an extra bed
- Mattress 70x140 cm, recommendation: 'Ronja' from ProLana with latex-coated coconut core
- Molton cover (waterproof) to protect the mattress
- 1-2 fitted sheets

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Nappies, bathing and breastfeeding:

- 20-22 cloth nappies (as an alternative to disposable nappies)
- Woollen overpants (4 pieces/size) or PU-coated overpants (2-3 pieces/size)
- 10-15 flannel, gauze or terry cloth flannels
- 10 muslin nappies/spit-up cloths, towelling or molton cloths
- 1 changing mat with 2 covers
- 1 nappy pail, possibly 2, one for 30 degree, one for 60 degree washing
- Changing table at a back-friendly height
- Baby brush made from pig hair
- Goat hair brush for massage
- Baby nail scissors with rounded tip
- Bathtub or bucket
- Bath thermometer
- clinical thermometer
- 2-3 hooded terry towels
- Nursing pillow, filled with wool-millet, spelt husk or polypropylene
- also during pregnancy for the pregnant woman to sleep on.
- Possibly a breast pump
- 4-6 bottles with teats for newborns
- Possibly a latex or silicone dummy
- Nursing pads made of wool, silk or cotton
- 2-3 comfortable nursing bras
- Nipple ointment

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For daily use:

- Baby sling, half or full-buckle carrier, e.g. Manduca Twist or XT, Ruckeli, Didymos
- Pushchair, recommendation 'Naturkind pushchair' with sun canopy
- Group 0 car seat shell
- Changing bag or rucksack
- Reusable changing mat
- Wetbag
- 1-2 cosy blankets made of wool and wool/silk
- Natural fur pad,
- Crawling blanket
- Baby nest
- Music box, mobile, grasping toys, etc.
- Healing wool (for sore bums, for colds, for the breast, for sore nipples.....)