

My Pregnancy Essentials

Checklist By Trimester

First Trimester Must Haves

- prenatal vitamins
- belly butter
- pregnancy journal
- body pillow
- acupressure wristbands
- dramamine tablets
- belly band
- download a pregnancy App on your phone
- pregnancy book
- maternity leggings/jeans
- maternity underwear
- maternity bras
- ginger candies
- water bottle
- list questions for your OB/GYN

Second Trimester Must Haves

- prenatal vitamins
- belly butter
- body pillow
- heating pad
- anti-itch gel
- anti-itching oil
- yoga mat
- compression socks
- magnesium supplements
- blood pressure monitor
- fetal heartbeat doppler
- baby name book
- belly band
- maternity bras
- maternity leggings

Third Trimester Must Haves

- prenatal vitamins
- cloud slippers
- belly butter
- body pillows
- heating pad
- belly masks
- anti-itch gel
- belly band
- compression socks
- wedge leg pillow
- baby name book
- perineal massage wand
- MiraLAX
- TUMS
- yoga ball
- labor prep capsules
- maternity clothing
- maternity underwear