



## FIRST TRIMESTER

# First trimester must-haves: essential items for early pregnancy

The first trimester can feel overwhelming, but having the right tools on hand can make it smoother. This guide covers the essentials you'll want to have ready for those early weeks.

A free guide from [maternity.app](https://maternity.app)

The first trimester is full of changes, and having the right essentials can help you feel more prepared and comfortable. Here's what you'll want to keep handy during these early weeks.

## Stock up on these essentials

Your body is working hard, so having these items nearby can make those first weeks a little easier.

- ☐ Plain crackers or ginger candies for nausea
- ☐ A reusable water bottle with a straw
- ☐ Prenatal vitamins with folic acid
- ☐ Soft, stretchy clothing like leggings or loose pajamas
- ☐ A pregnancy journal or app for tracking symptoms
- ☐ Salty snacks for when nausea strikes
- ☐ A heating pad for lower back discomfort
- ☐ Lip balm to combat dry lips

## Set up your rest space

- **Pillows.** Use extra pillows for propping yourself up comfortably.
- **Eye mask.** Block out light for naps or early bedtimes.
- **Blanket.** Keep a soft, lightweight blanket nearby for lounging.

## Don't forget the small comforts

- ☐ Scent-free lotion for dry skin
- ☐ A calming tea like peppermint or chamomile
- ☐ A notebook for jotting down questions for your provider
- ☐ Lipstick or tinted balm for quick freshening
- ☐ A small stash of cash for snacks or treats on the go

### TIP

Keep nausea-friendly snacks in your purse, car, or desk drawer. You never know when hunger or nausea will strike.

You've got this. Take it one day at a time, and lean on these essentials to make the first trimester a little easier.