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Tip: Look through your closet to see if you already have some of these items. Loose fitting second-hand. Used maternity clothes can often be gently worn and still in great condition!

## MATERNITY CAPSULE FALL/WINTER CHECKLIST

- Wool or down jacket/coat ) Flannel overshirt Sweater dress Maternity jumpsuit Maternity jeans Belly band Stretchy nursing bras Maternity swimsuit
  - Body-con sweater dress (show off that bump!) Long-sleeve flowy dress Long sleeve maternity tops x 2 Oversized knit sweater Maternity leggings x 2 Oversized knit cardigan Oversized knit or cotton hoodie Comfortable footwear



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# for spring & summer



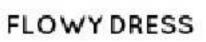




MATERNITY JEANS MATERNITY LEGGINGS x 2



NURSING BRAS





SMOCKED LINEN PANTS



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### MATERNITY CAPSULE SPRING/SUMMER CHECKLIST

Oversized white button-down shirt Long sleeve maternity tops x 2 Slip dress (size up for room in the midsection) Body-con tank dress (show off that bump!) Short-sleeve or sleeveless flowy dress Oversized light knit sweaters x 2 Maternity jumpsuit Maternity jeans Maternity leggings x 2 Smocked linen pants or maternity shorts Maternity tanks x 2 (great for layering) Belly band

- Stretchy nursing bras
- Maternity swimsuit
- Comfortable footwear