

What to pack for the Hospital?



MATERNITY CHECKLIST

For the mother:

- ♥ Nursing nightdresses
- ♥ Nursing pads
- ♥ Nursing bras
- ♥ Post partum abdominal support belt
- ♥ Toiletries (optional)
- ♥ Disposable underwear

For the baby:

- ♥ The 1st baby outfit + 4 other outfits
- ♥ Muslin squares
- ♥ Baby blanket
- ♥ Hairbrush
- ♥ Nappies (optional)
- ♥ Cradle sheets (optional)

Do not forget to bring:

- ♥ Antenatal card
- ♥ The last blood test results
- ♥ Other exams (if there is some changes)
- ♥ Stem cells kit (optional)
- ♥ Baby car seat