



Mother, Baby and Me

HOSPITAL BAG PREPARATION

This is just a guide since every person has their own needs. But the key is packing the minimum essentials since anything you take back home from the hospital needs to be all cleaned or exposed under the sun for 3 days before you can use them again inside your homes.

Important papers

- Doctor's and Hospital's contact number
- Admitting orders (for scheduled cases)
- Antenatal breastfeeding checklist
- Mother's information sheet
- Birthplan
- HMO or verified medical insurance
- Copy of Marriage certificate or filled out Birth Certificate draft

Birthing Tools

- Massage oils
- Hard candies, snacks, water
- Hand held fan
- Lip balm
- Music
- Disposable socks

For the Mother

- Bathrobe, slippers (plastic), nightgown (best use the hospital gowns provided)
- Toiletries – deodorant; brush or comb; hair ties; Chapstick or lip balm; toothbrush and toothpaste: make up and remover
- Eyeglasses, contact lenses, case, and solution
- Sanitary pads (overnighters or maternity)
- Underwear and change of clothes for going home; nursing bra or a good camisole
- Family picture to focus on
- Nursing pillow, and pump (*please leave these at home, hospital has electric pump and the pillow is best reserved for home use*)
- mobile, iPad or tablet and all the chargers (long cables, as much as possible)
- Earplugs and/or headphones

For the Father

- Cell phone and charger (long cable)
- Earplugs and/or headphones
- Camera with charger (but most phones do good photos already)
- Laptop with cord to transfer pictures
- Portable wifi
- Extra blanket and pillow
- Extra towel
- Extra clothes
- Toiletries

For the Baby

- Car seat
- Newborn care book (usually provided by Pediatrician)
- Clothes to be given in the delivery room (top, mittens and blanket)
- Baby blanket
- Diapers and diaper bag
- Clothes for going home (onesies, hat, socks, booties, mittens)
- Hair clip if girl

