

# Hospital Bag

## What to bring to the hospital?



### For the mother



- Nightgown or pyjamas with short sleeves. Opened with buttons at the front to allow breastfeeding
- Breastfeeding bras
- Slippers/flipflops
- Dressing gown
- 1 big towel
- 1 medium towel
- Cotton maternity pads
- Personal clothing for discharge home
- Toilet bag for personal hygiene (no hairdryer in the hospital)
- Cotton or paper knickers



### For the baby



**We recommend clothing made with natural fabrics (cotton/linen) and to wash it before the first use**

- Nappies and vegetable sponge
- 4 T-shirts o bodies
- 4 long sleeves change of clothes
- 4 pairs of socks
- 2 cotton hats
- Comb or brush
- Baby blanket
- 1 change of clothes for discharge home



### For labour ward or the birth centre



- Water and other isotonic drinks, snacks to eat during labour
- Music and relaxing objects for labour
- Pregnancy documentation