WHAT TO PACK IN YOUR HOSPITAL BAG



For Mom:



For Baby:

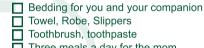
- Diapers (1 pack) Passport Cotton clothes, socks, and a hat without ties Towel Cloth diapers 30th week) Blanket Baby wet wipes (free from additives) Clothes for discharge Car seat Towel, Robe, Slippers For a Companion (Partner): Toothbrush, toothpaste Three meals a day for the mom Snacks and drinks Personal hygiene items Comfortable clothing
 - Phone charger
 - Reminder: If you wear contact lenses or glasses, bring the necessary items
- Reminder: If you take regular medications, don't forget to pack them

WOMEN'S & CHILDREN'S bospital with a hear

Documents:

Pregnancy exchange card (issued by your OB-GYN starting from the

The Hospital Will Provide:



Additional Items: (Add any personal needs here)