

WHAT TO PACK IN YOUR HOSPITAL BAG



For Mom:

- Nightdress
- Comfortable daytime clothing suitable for breastfeeding
- Comfortable disposable underwear
- Comfortable nursing cotton bras
- Cotton socks (2-3 pairs)
- Maternity pads (1 pack)
- Personal hygiene items
- Rubber slippers (for the shower)
- Hair ties
- Lip balm
- Your favorite snacks and drinks
- Phone charger
- Wet wipes universal (1 pack)
- Reminder: If you wear contact lenses or glasses, bring the necessary items
- Reminder: If you take regular medications, don't forget to pack them
- Clothes for discharge

For Baby:

- Diapers (1 pack)
- Cotton clothes, socks, and a hat without ties
- Towel
- Cloth diapers
- Blanket
- Baby wet wipes (free from additives)
- Clothes for discharge
- Car seat

For a Companion (Partner):

- 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

Documents:

- Passport
- Pregnancy exchange card (issued by your OB-GYN starting from the 30th week)

The Hospital Will Provide:

- Bedding for you and your companion
- Towel, Robe, Slippers
- Toothbrush, toothpaste
- Three meals a day for the mom

Additional Items:

(Add any personal needs here)

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