

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)

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐