

# Packing your hospital bag properly

## Your personal checklist

### WHAT YOU'LL NEED FOR THE BIRTH

- Massage oil
- Maternity card
- ID card
- Family register or mother's birth certificate
- Health insurance card
- Snacks for the expectant parents
- Drinks
- Camera for the first baby photo
- Books, etc., to fight boredom

## WHAT THE NEW MUM WILL NEED

Slippers

1-2 night shirts

Bathrobe

Comfortable clothing

Clothes for the way home

2 Nursing bras

Nursing pads

8 disposable pants

Sanitary towels

2 washcloths

Toothbrush & Toothpaste

Shower Gel & Shampoo

Creams & cosmetics

Hairbrush

Handkerchief

Thick socks

## WHAT YOU NEED FOR THE BABY

2 body suits, size 56 or 62

2 romper suits

Dummy with dummy chain

Jacket

Socks

Hat

Burp cloths

Outfit for the way home

Baby car seat