



mamalette

You Are Mamalette. You Are Not Alone

What You Need to Bring to the Hospital

Checking In:

- Admission forms or registration papers (most doctors will do this ahead of time)
- Insurance card (HMO)



For Labour:

- Birth Kit (Depending on place of delivery)
- Newborn clothes
- Diapers
- Cash
- Phone
- Phone charger



After Delivery:

- Comfortable clothes (You will need clothes for when you are ready to go home)
- Toiletries
- Maternity Pads (You may need to change your pad every hour or two hours after giving birth. This will reduce to every three hours or four hours over the next two days.)
- Slippers or comfortable shoes for the hospital
- Nursing bras, nursing pads, nursing cover
- Towel
- Comfortable panties

For Baby:

- Going home outfit
- Baby clothes
- Swaddling blanket
- Burp Cloth
- Diapers
- Baby toiletries
- Methylated spirit
- Cotton wool
- Foldable bednet (This is highly essential as it is not recommended to sleep on the same bed with a newborn. Also the bed net should protect your newborn from mosquitos.)

Ideas:

- Bring gifts for the nurses and hospital staff (You'll be surprised at how appreciated this gesture can be) Get to know these nurses, maybe during your antenatal classes as these are people that'll oversee the progress of your birth. By being nice, they'll go an extra mile to accommodate you.
- Buy a copy of a newspaper on the day your baby is born The perfect memento!
- Take a picture of your delivering doctor with your baby and you to commemorate the birth
- Bring your own breast pump (During busy delivery times - one may not be available for you)
- Have a gift for your new baby's sibling(s)
- Bring a bag or extra suitcase to take home any gifts you receive - plus all the extras that the hospital offers

Don't Overpack

If your bag looks like you are traveling for two weeks, then you have to unpack and try again. Pack the things you need for 24 hours, whatever else you need if the situation changes will be brought to the hospital for you by your husband or whoever is with you.

Start Early

If you are in your last trimester of pregnancy, now is the time to thinking about what you intend to pack when you finally go to the hospital to deliver your baby.

You should have your hospital bag packed and ready to go four to six weeks before your due date.