

List For Hospital Bag

Going To Hospital :

Mothers :

- Nightdress / Nightgown (2 Sets) - Ideally loose fitting with buttons to the front for easy breastfeeding.
- Dress / Robe (1-2 Sets) - For receiving visitors or when checking on baby in the nursery room.
- Warm Socks (2 Pairs) - To wear in the delivery room.
- Nursing Bras (2 Pairs) - For breastfeeding.
- Breast / Nursing Pads (A Few Pairs) - For breastfeeding.
- Disposable Underwears / Panties (4 - 5 Sets).
- Sanitary / Maternity Pads (1 Pack) - Most hospital will provide only one pack and will charge if you get more.
- Slippers (1 Set) - Preferably one with non-slip sole.
- Audio CD & Player / Books & Magazines - For relaxation.
- Breast Pump - Helps to stimulate milk production as babies tend to be sleepy during the first few days after birth.
- Nursing Pillow / Support - Assists in positioning of babies during breastfeeding especially for c-section mothers.
- Toiletries - Mild fragrance-free soap, shampoo and deodorant so that baby will recognise the natural scent of mother long before sight recognition.
- Toothbrush, Toothpaste & Floss
- Glasses or Contact Lenses
- Cosmetics & Make Up
- Comb / Hair Brush
- Handphone & Charger

Fathers :

- Camera, Films & Batteries / Camcorder, Tapes & Batteries
- Address Book / Phone Number List - To call to announce the birth of baby.
- Money - Preferably coins for vending machines or pay phone.
- Admission Form - Shall bring this form everywhere you go after 36 weeks gestation as you might deliver anytime.
- Infant Carrier / Moses Basket

Siblings :

- Gift From Mom & Dad - Helps to ease jealousies after baby arrives.
- Favourite Toys, Dolls / Books - Helps to keep them occupied.

Going Back Home :

- Dress For Mother - Preferably a loose fitting and comfortable outfits.
- Clothes For Baby.
- Mittens & Booties For Baby
- Receiving Blanket For Baby.
- Disposable Diapers For Baby.

