

WHAT TO TAKE TO THE HOSPITAL

LIST FOR MUM



URGENT

Three weeks before the due date, pack a bag with the following items.
We ask for a maximum of two labeled suitcases (first and last name).

For yourself:

- comfortable shirt or (long) T-shirt for delivery and 2 shirts which allow breastfeeding
- bathrobe, slides
- breastfeeding bras, at least 2 pcs
- identity document, tests done during pregnancy
- 2 packs of postpartum pads
- disposable mesh underwear (not underwear made of nonwoven interlining!)
- sanitary underpads
- toiletries (non-scented if possible)
- two towels (bath towel and regular towel)
- paper towels
- highly mineralized water (high sodium content)
- things you can't imagine spending time without in a hospital

Remember also to:

- leave valuable jewellery at home
- wash off finger and toenail polish (the colour of the nail plate provides important information about your health)
- shorten your nails (no nail tips) to make it easier to look after your baby