



Checklist

the essentials to pack in my **hospital bag**

FOR THE PARENTS

- My last ultrasound scan
- My last lab results
- My blood group card
- Child benefit claimant information
- My social security card
- My health insurance card
- My pregnancy visit notebook

FOR THE DELIVERY ROOM

For me

- 1 large t-shirt
- 1 pair of socks
- 1 mister
- 1 music playlist
- My pair of glasses (that it is not suitable to wear contacts during labor and delivery))

For my baby

- Socks
- 1 pressed onesie
- Footed pajamas
- 1 vest
- 1 baby hat

FOR THE STAY

For me

- Nice pjs
- 1 bathrobe
- 1 comfortable outfit
- 1 vest
- 3 nursing bras
- 6 comfy cotton panties
- 1 packet of maternity pads
- 1 pack of nursing pads
- 1 tube of Lanolin nipple cream
- My toiletry kit containing all my favorite products

For my baby

- 6 bodysuits
- 6 pairs of socs
- 3 pyjamas
- 3 outfits
- 1 baby hat
- 3 bibs
- 1 sleep bag
- 1 baby bottles
- 1 pacifier
- 1 packet of diaper
- 1 washing creme
- His blaket



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