

My bag and baby's bag for the hospital

The most wonderful day in your life is rapidly approaching... It is time to pack your bags for the hospital!

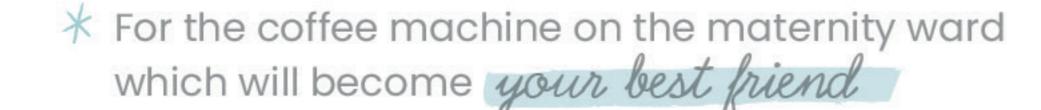
You will be in hospital for between 3 and 5 days: don't pack too much. The baby's dad and wider family will be able to help with anything you might have forgotten!

Focus on packing clothes, hygiene products will be provided at the hospital.



For the father:

- Food and drink
- □ A list of contacts to keep informed
- ☐ 1 mobile phone (with camera of course!) and charger
- ☐ 1 clean t-shirt
- □ Small change *



For the mother:

- □ 1 bath robe
- □ 1 pair of slippers
- □ 2 or 3 pyjamas
- ☐ 2 or 3 comfortable outfits
- □ 2 or 3 nursing bras
- 5 pairs of pants (preferably disposable)
- □ 1 water mister
- Usual toiletries
- Sanitary towels
- ☐ Pastimes: reading, music...
- ☐ 1 bag for dirty laundry
- □ 1 notebook and 1 pen *
- ☐ Your papers: ID card, healthcare papers, blood group card, maternity notebook etc.
- To describe your first moments with baby.

A wonderful souvenir for you and for them when they are bigger!



Choose pyjamas that are easy to open, wrap-around if possible, to make breastfeeding easier.

For baby:

- ☐ 5 or 6 babygros
- □ 5 or 6 vests
- 5 or 6 outfits for the day
- ☐ 1 baby sleeping bag
- 1 bath robe or hooded towel
- Socks and slippers
- □ 1 hat *
- A few nappies
- Muslins for breastfeeding
- □ 1 dummy
- □ 1 teddy
- ☐ 1 fleece all-in-one (only necessary
 - if baby is born in winter!)
- □ 1 mode of transport for leaving hospital
 - (car seat, bassinet, baby carrier,
 - pushchair...)

* Even in summer it is recommended that baby wears a hat

to ensure their head stays nice and warm!



Opt for cotton baby clothes, a very soft fabric that will protect their skin. Don't hesitate to add a few extra outfits for baby... Your new little one will get dirty very quickly!

