

# 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 coffee machine on the maternity ward which will become *your best friend*

## 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!

