

**WHAT TO  
PACK IN YOUR  
HOSPITAL  
BAG FOR  
DELIVERY**

**Mother**

- 4 packs of maternity pads
- 2 moli panties
- Toiletry
- Sleeping shirt/ pyjamas
- Pair of flipflops
- Shower cap
- Face cloth
- Bath towel
- Pair of clothes (for discharge)

**Baby**

- Diapers | Wet Wipe
- Unscented aqueous cream/Vaseline
- Feeding cup | 3 receiver blankets
- 2 pair of socks | 2 vests
- 2 beanies | Baby blanket
- 2 rompers | Baby towel | Baby nail clipper

