

# MEDICLINIC baby HOSPITAL CHECKLIST

## What to pack for labour and delivery:

### MUMMY

#### • Apparel

- Bath robe
- Socks
- Comfy clothes
- Flip flops
- Nightgown

#### • Paper work

- Birth plan

#### • Cosmetic

- Hair tie
- Makeup

#### • Nursing

- Nursing pads
- Nursing bra/cover

### DADDY

- Cell phone + charger
- Camera + charger
- Video camera + charger
- Change of clothes

- Toiletries
- Comfortable shoes
- Gifts for other child(ren)
- Insurance card

### BABY

- Change of clothes
- Finger nail clippers
- Receiving blankets
- Carseat

- Going home outfit
- Baby book
- Heavy blanket
- Baby hat/bow

### MISC.

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