

MEDICLINIC baby HOSPITAL CHECKLIST

What to pack for labour and delivery:

MUMMY

• Cosmetic:

- Brush
- Hair tie
- Lotion
- Lip balm
- Toiletries
- Makeup

• Apparel:

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

• Nursing:

- Nursing pads
- Nursing bra/cover
- Nipple cream

• Paperwork:

- Birth plan

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.

- Marriage certificate
- _____
- _____
- _____

- _____
- _____
- _____
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