

# pack your bag

**REMEMBER TO:** Arrange transport to the hospital beforehand; Arrange childcare for your other children; Pack your bag for the hospital two weeks before your due date to make sure you are ready for birth. Here are some ideas of what to bring with you to the hospital:

## FOR MOM:

- 2 front-opening nightgowns for breastfeeding (or clothes for 2 days)
- 3 or 4 pairs of comfortable underwear
- 2 packs of large sanitary pads/towels
- A shawl or dressing gown (if in winter)
- Slippers or flip flops
- A pair of warm socks
- A towel
- A face cloth
- Your phone and charger (and a battery pack if possible)
- Toiletries (e.g. toothbrush, toothpaste, bar of soap, lip balm)
- Body lotion, nipple cream
- 1 roll toilet paper
- Comfortable outfit to wear home
- Your Maternity Case Book
- Birth plan (if you have one)
- Medication (e.g. ARV medication)

## FOR YOUR BABY:

- Baby clothes (3 full-body onesies, and a going home outfit)
- Socks, mittens, and hat
- 2 baby blankets
- 20-30 disposable nappies made especially for new-borns
- Baby Wipes
- Cotton wool
- Burp clothes and 1 face cloth
- Something to carry baby in out of the hospital (e.g. car seat, pram, or wrap)
- 2 baby feeding cups and cleaning solution (if you will not breastfeed)

## FOR DAD:

- Snacks (for dad and mom)
- Phone and charger
- Enough airtime or data

## IMPORTANT TO TAKE WITH:

- Your ID book / passport
- Dad's ID book / passport
- Enough airtime or data to keep in touch with family and friends

Remember to register the birth of your baby at the hospital if you can!