

PACKING FOR TWO

MEDICLINIC baby

THIS HANDY CHECKLIST WILL HELP YOU PREPARE FOR YOUR HOSPITAL STAY. TO GET OFF TO A GOOD START, WE WILL PROVIDE A COMPLIMENTARY MOTHER AND BABY BAG.

PACKING FOR BABY

- Five sets of clean baby clothes: vest, babygro, wrapper/ receiving blanket, socks, beanie (optional)
- One warm blanket
- Earbuds

TIP: Pack each set of clothing in a separate plastic bag. Used items can then be placed back in the empty bag to prevent any losses.

PACKING FOR YOU

Clothing

- Lightweight, front-opening cotton pyjamas (one set per day, plus one extra)
- Gown
- Slippers
- Three feeding bras
- Clothes and shoes for discharge

Health and hygiene

- Toiletries (soap, shampoo, toothpaste etc.)
- Maternity pads
- Two dark-coloured facecloths
- Brush, hairdryer and mirror
- All chronic medication, vitamins, etc.

Administration

- Small amount of money
- Black pen and copies of both parents' identity documents (for birth registration)

Electronics

- Cell phones, cameras, iPods, laptops, chargers etc. brought into the hospital are at your own risk

Extras for natural births

- Comfortable T-shirt
- Lip balm
- Socks
- Baby powder or oil for massaging
- Energy sweets and fruit juice
- Reading material and/or games

Extras for caesarean births

- Socks
- Lip balm

TIP: We suggest you pack a separate bag for the labour room and your first assisted bath after the birth. You should include a sleep shirt, two maternity pads, two dark-coloured facecloths, underwear and toiletries.

OUR GIFT TO YOU:

A LUXURY MOTHER AND BABY BAG*

Your complimentary bag provides useful products for your hospital stay:

- One pack of newborn size nappies
- Baby wipes
- Petroleum jelly
- Surgical spirits
- Cotton wool
- Baby cleansing lotion
- Baby moisturiser
- Pack of maternity pads
- Mediclinic Baby beanie

*The contents of the bag may vary.

