

HIRSLANDEN baby

WHAT TO BRING TO THE HOSPITAL

THIS PRACTICAL CHECKLIST WILL HELP YOU PREPARE FOR YOUR HOSPITAL STAY.

FOR THE BIRTH

- Nightdress or long, wide shirt
- A change of clothes
- Comfortable underwear
- Hair tie
- Favourite snack
- Contact lens case, glasses for contact lens wearers
- Warm socks

FOR THE HOSPITAL STAY

- Toiletries (hairbrush, dental care, lotions and creams, lip balm, etc.)
- Comfortable tops and bottoms
- Pyjama or nightdress, dressing gown
- Sweat jacket or cardigan
- Socks
- Slippers with good soles, sturdy shoes
- Underwear, nursing bra
- Comfortable clothes in a relaxed fit for discharge

FOR YOUR BABY

- Clothing to suit the season (body suit, romper, trousers, head covering, socks, jacket) for discharge
- Baby sling
- Baby carrier for discharge
- Blanket for discharge (to suit the season)

DOCUMENTS

- ID/passport
- Health insurance card
- Family record document
- Blood group ID card
- Allergy card and any other medical cards
- Confirmation of place of residence

MISCELLANEOUS

- Mobile phone and charger
- Camera
- Personal music selection
- Cash (for restaurant, kiosk, hairdresser)
- Reading materials
- Personal medication

FOR THE FATHER

- Favourite snack
- A change of clothes
- Toiletries (deodorant, dental care)



EXPERTISE YOU CAN TRUST.