



# MATERNITY ESSENTIALS

## MUM

### Clothes

- 5 tops
- 1 or 2 long cardigans
- 1 oversize shirt
- 2 night dresses
- 2 t-shirts
- 3 bras
- 5 cotton knickers
- 5 pairs of socks
- 1 pair of slippers
- 1 outfit

### Toiletries

- 2 towels
- Tooth brush and tooth paste
- Shampoo and shower gel
- Deodorant and body lotion
- Stretch mark oil
- Breast pads and womens care
- Hair band / or head band

## BABY

### For the big day

- 1 body
- 1 sleepsuit
- 1 hat and slippers

### At the hospital

- 6 to 8 bodysuits
- 1 daywear outfit
- 3 crossover cardigan
- 1 pair of socks, slippers
- 1 sleeping bag

### To go out

- 2 Baby nest
- 2 hats
- 2 towels
- 5 bibs and reusable nappies
- 1 soft blanket
- 1 comforter
- A baby soother
- A car seat or a moses basket or a baby carrier

## DAD

- ID
- Changing clothes
- Phone
- Some change
- Something to eat

## DO NOT FORGET

- Water spray
- A torch
- Camera
- A note book for daily follow up

### Important documents

- Blood group card
- Medical file