

# Packing essentials for childbirth

## To be planned or validated before delivery

- The route
- Hospital-supplied products (bottles, milk, diapers, wipes, etc.)
- Babysitting plan for older children
- Animal care plan

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## For mom

- Loose-fitting, comfortable clothing
- Pyjamas
- Suitable underwear
- A robe
- Socks (light and warm)
- Slippers
- Absorbent sanitary towels
- Hygiene products (toiletry kit)
- A hot-water bottle
- Nursing pads
- A nursing pillow
- Snacks
- Books or magazines
- Electronic devices (tablet, cell phone) with charger
- Health insurance and hospital cards
- Pregnancy follow-up documents provided by the doctor
- Vaccination booklet
- Birth plan (if applicable)
- Insurance documents (for hospital expenses)
- Medication (if necessary)

## For babies

- Pyjamas
- Diaper covers
- Socks
- Little mittens
- Diapers
- Wet wipes
- Washcloths

- Bibs
- Blankets
- Hats
- Pacifiers (if desired)
- Mild soap
- Wipes
- Moisturizing cream
- Zinc cream or barrier cream (for diaper rash)
- Clothes for leaving the hospital (appropriate for the season)
- A car seat (mandatory for hospital discharge)
- Car seat cover (depending on the season)

## For the supporting parent

- Comfortable clothes
- Pyjamas
- Indoor shoes
- Hygiene products (toiletry kit)
- A pillow
- Blankets
- A camera
- Electronic devices (tablet, cell phone) with charger
- Entertainment (books, magazines, music, crosswords, etc.)
- Food and drink
- A water bottle
- Cash and change (for coffee, snacks, parking, etc.)

## Notes

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