

HIRSLANDEN baby

WHAT TO BRING TO THE HOSPITAL

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

| FOR THE BIRTH | | DC | DOCUMENTS | |
|----------------------------------------|-----------------------------------------|----|-------------------------------------------|--|
| ☐ Nightdress or | long, wide shirt | | ID/passport | |
| ☐ A change of c | othes | | Health insurance card | |
| ☐ Comfortable u | nderwear | | Family record document | |
| ☐ Hair tie | | | Blood group ID card | |
| ☐ Favourite snac | k | | Allergy card and any other medical cards | |
| ☐ Contact lens c | ase, glasses for contact lens wearers | | Confirmation of place of residence | |
| ☐ Warm socks | | | | |
| | | MI | SCELLANEOUS | |
| FOR THE HOSPITAL STAY | | | Mobile phone and charger | |
| ☐ Toiletries (hair | brush, dental care, lotions and creams, | | Camera | |
| lip balm, etc.) | | | Personal music selection | |
| ☐ Comfortable t | ops and bottoms | | Cash (for restaurant, kiosk, hairdresser) | |
| ☐ Pyjama or nigl | ntdress, dressing gown | | Reading materials | |
| ☐ Sweat jacket o | r cardigan | | Personal medication | |
| Socks | | | | |
| Slippers with good soles, sturdy shoes | | FC | OR THE FATHER | |
| ☐ Underwear, nu | rsing bra | | Favourite snack | |
| ☐ Comfortable c | lothes in a relaxed fit for discharge | | A change of clothes | |
| | | | Toiletries (deodorant, dental care) | |
| FOR YOUR BABY | | | | |

EXPERTISE YOU CAN TRUST.

☐ Clothing to suit the season (body suit, romper, trousers,

head covering, socks, jacket) for discharge

☐ Blanket for discharge (to suit the season)

☐ Baby sling

□ Baby carrier for discharge