

# Checklist

## “What should you include in your hospital bag?”

### Important documents for us:

- ▶ Maternity record
- ▶ Identity card or other personal identification
- ▶ Insurance card
- ▶ Marriage certificate/birth certificate
- ▶ For unmarried persons, recognition of paternity if applicable

### To make your stay with us more comfortable:

- ▶ f Warm clothing
- ▶ f Warm socks
- ▶ f Dressing gown
- ▶ f Snacks and possibly drinks  
(We will provide water)
- ▶ f 1-2 breastfeeding bras
- ▶ f Flannels and towels
- ▶ f Toilet bag with the hygiene and cosmetic products you need
- ▶ f Something to pass the time (books, magazines)
- ▶ f Your important phone numbers, to inform family and friends

### For your baby:

- ▶ Clothing, jacket, cap, blanket for the journey home
- ▶ Baby carrier or carrycot with bedding or baby safety shell for car travel

For info: We will provide maternity pads, nursing pads and baby nappies during your stay.