



USEFUL ITEMS TO BRING TO THE HOSPITAL

We suggest that you bring the following items to the hospital. However, it is not necessary to bring everything that is suggested. You may add your own personal items that you might feel necessary to bring. Articles marked by an asterix (*) must be brought in because they are not provided by the hospital.

We suggest that you pack your suitcase well in advance, so that you do not forget anything.

Mother	Partner
Housecoat	Snack (cooler for snack)
2 or 3 night-gowns or comfortable clothing	Comfortable clothing and comfortable shoes
2 or 3 brassieres	Facecloth and towel *
4 to 6 pairs of underwear, socks and slipper	Camera and film
Sanitary pads (15/day approx.) *	Radio and/ or CD
1 box breastpads if breastfeeding *	Sleeping bag and pillows *
1 box Kleenex *	
Pillows (identified by your name)	Baby
Lip balm	Diapers *
Eye glasses or contact lenses	Non perfumed soap for baby *
Powder or oil for back massage	Baby's clothes *
Made-up and toilet articles (soap, shampoo, deodorant)	Baby's home coming outfit *
Hairbrush, comb, hairdryer	Car seat for baby (you have to read the instructions before the birth of the baby) *
Cards: Medicare, hospital, insurance *	If you decide to give bottle to your baby, you have to bring your own bottle. *
Mom's home coming outfit	
Purelan or Lansinoh cream	
Miscellaneous	
Flower Pot	
Books, magazines, playing cards or other games	
Notebook and pen, address and telephone book	
Hard candies, lollipops, chewing gum	
Loose change for vending machines.	