

in the hospital: "all the essentials for the big day..."

For Baby

- Infant car seat
- A pack of newborn nappies
- Nappy Sacks for hygienic disposal of nappies
- A travel pack of baby wipes and tissues
- A small pot of nappy rash cream
- A few stretchsuits, vests and booties

For You

- A small holdall will be suitable for a few days in hospital
- A portable radio or tape player, a good book such as *The Social Baby*
- High-energy snack and drink for the early stages of labour
- A pack of 10 maternity pads
- A pack of 5 disposable briefs (and Caesarean knickers if required)
- A maternity bra and pack of breast pads
- A cotton night dress and slippers
- Toiletries – toothpaste and brush, hairbrush, deodorant, shower gel and towel
- Change of clothes to go home in

For Partner

- List of telephone numbers
- Change for hospital car park and telephone
- Camera or video recorder