



What to put in your maternity bag



Mum's bag

- **To feel at home:**
 - 1 nightshirt or large, loose t-shirt
 - 2 pairs of pyjamas
 - breastfeeding bra
 - 1 cardigan or dressing gown
 - socks
 - underpants (disposable ones are available)
 - sanitary protection
 - toilet bag
 - towels
 - cotton wool, compresses
- **For your comfort:**
 - 1 fresh water atomiser
 - something to keep you occupied: books, magazines, music, etc.
 - an extra blanket
 - a pillow case
 - a cushion

avoid bringing: valuable items, jewellery, etc.



Baby's bag

- **Something to keep them warm:**
 - 1 sleepsuit
 - 1 cotton bodysuit
 - 1 small cardigan or warm blanket
 - 1 small hat
 - 1 terry towel
- **For your stay in the maternity unit:**
 - 4 or 5 cotton bodysuits
 - 4 small sleepsuits
 - 1 cardigan
 - 2 or 3 pairs of socks and a pair of booties
 - 1 packet of first-stage nappies
 - 2 towels
- **For bringing baby back home:**
 - a hat
 - 1 baby nest or small sleeping bag
 - a baby carrier