



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

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

Something to keep them warm:

- 1 sleepsuit
- 1 cotton bodysuit
- 1 small cardigan or warm blanket
- 1 small hat
- 1 terry towel

For bringing baby back home:

- a hat
- 1 baby nest or small sleeping bag
- a baby carrier

Laboratoire

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