



δ For the mum

- 4 -5 nightgowns / pyjamas
- 1 2 nursing bras, breast pads
- warm, anti-slip socks
- comfortable slippers
- 5 6 cotton pants
- Knitted or sweat jacket
- comfortable jogging trousers
- Wardrobe for the journey home
- Toiletries, hairdryer
- Flannels, towels
- Pen, paper
- Small change, mobile phone

δ For the birth

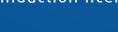




Health insurance card



Induction licence



Maternity passport





Allergy passport (if available)

warm socks



loose T-shirt or nightgown



- drinks
- snacks
- Wristwatch
- small change
- Camera

