

Hospital Bag

PACKING LIST

Essential Documents

- Admission Letter
- Prenatal Receipts
- NRIC
- Credit Card
- Marriage Certificate
- Baby's name (both languages)
- Cord Blood Banking Box

Labour & Delivery

- Signed Copies of Birth Plan
- Music to Play During Birth
- List of People to Call or Text
- Lip Balm
- Sweater for Support Person
- Charging Cable & Power Bank
- Camera to Record/Take Photos

To Wear

- Dressing Gown/Wrap
- Nursing Nightwear
- Flip Flops and Slip-On Shoes
- Going Home Outfit
- Comfortable Cotton Briefs
- Sweater or Cardigan
- Socks

Personal Items

- Skincare
- Travel-sized Toiletries
- Basic Makeup and Hair Ties
- Eye Mask and Ear Plugs
- Extra Long Cable & Power Bank
- Noise-Cancelling Earphones
- Entertainment: Tablet & Charger

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Feeding Baby

- Breast Pump
- Nursing Bras
- Breast Pads & Breast Shells
- Nipple Shields & Nipple Cream
- Nursing Pillow
- Baby Bottles & Teats
- Newborn Formula (if applicable)

C-Section Recovery

- Abdominal Binder
- High-Waisted Underwear

Vaginal Delivery Recovery

- Perineal Spray
- Perineal Bottle
- Witch Hazel Pads & Ice Packs
- Inflatable Donut Pillow

For Your Newborn

- Baby Wipes
- Diapers
- Rompers & Onesies
- Burp & Wash Cloths
- Baby Blankets/Swaddles
- Socks, Mittens and Beanie
- Car Seat

For Your Spouse

- Sleepwear, Clothes & Underwear
- Pillow
- Slippers
- Snacks
- Toiletries
- Beverages
- Medications or Pain Relievers