

# Maternity Hospital Bag

## CHECKLIST FOR INDIAN MOMS



### Hospital Bag for Mom (Labor and Delivery):

- Night gown/ Hospital gown - 3
- Putchi Feeding Kaftans
- Homecoming outfits / Putchi Dress
- Maternity pads
- Fixator
- Period panties
- Feeding / Nursing Bra
- Breast pads
- Feeding pillow / Nursing cover
- Cold/ Warm post-birth relief
- Sitz bath/ Salt
- Charger
- Bluetooth headphones
- Towel
- Toiletries
- Water Bottle
- Medicines
- Hospital file
- Coconut Oil
- Nipple Cream
- Snacks

### Hospital Bag for Your baby:

- Muslin Jablas
- Rompers
- Mittens, Booties, Cap
- Diaper
- Wet wipes
- Burp Cloth
- Soap/ Body wash
- Baby carrier
- Swaddle - 2

### Hospital Bag for your partner

- Comfortable clothes - 3 sets
- Toiletries
- Towels
- Slippers / Shoes
- Socks
- Book / iPad to read while the labor is long
- All the papers and files required for the hospital
- Money, wallet and cards
- Phone Charger

