

Delivery Date Essentials

For Mum:

- Nightie
- Slippers
- Underwear
- Disposable Briefs
- Comfortable Clothes
- Pregnancy Pillow/ Breastfeeding Pillow
- Nursing Bra
- Nursing Breast Pads
- Nursing Top
- Toiletries (Don't forget your toothbrush!)
- Towel
- Hair Band or Bobbles
- Eye Mask
- Drinks & Snacks
- Music/Music Player
- Phone & Charger
- Camera (One for your partner to take care of)
- Something to read
- Change for the carpark (One for your partner to take care of)

For Baby:

- Three Sleepsuits & Three Bodysuits
- Hat
- Mittens
- Booties
- Socks
- Muslin Square Cloths
- Blanket
- Baby Towel
- Cotton Wool Balls/ Gentle Baby Wipes
- Nappies
- Bottle & Formula (optional)
- Going Home Outfit
- Car Seat

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