

MOM'S BAG



DOCUMENTS AND ESSENTIALS

<input type="checkbox"/> ID PROOF	<input type="checkbox"/> CASH
<input type="checkbox"/> INSURANCE DOCUMENT	<input type="checkbox"/> CREDIT CARD
<input type="checkbox"/> DOCTOR'S PRESCRIPTIONS	<input type="checkbox"/> DOCTOR'S PHONE NUMBER
<input type="checkbox"/> MEDICAL RECORDS	<input type="checkbox"/> EMERGENCY CONTACT LIST
<input type="checkbox"/> HOSPITAL ADMISSION PAPERS	

CLOTHING

<input type="checkbox"/> 2/3 FRONT OPEN LOOSE COTTON NIGHTY
<input type="checkbox"/> COMFORTABLE MATERNITY UNDERWEAR
<input type="checkbox"/> NURSING BRA
<input type="checkbox"/> LIGHT SHAWL OR DUPATTA FOR COVERAGE
<input type="checkbox"/> SOCKS AND SLIPPERS



ESSENTIALS

<input type="checkbox"/> MATERNITY PADS	<input type="checkbox"/> HAIR BRUSH & HAIR TIES
<input type="checkbox"/> FACE WASH, MOISTURISER, LIP BALM	<input type="checkbox"/> DEODORANT (ROLL ONS)
<input type="checkbox"/> TOOTHPASTE AND TOOTHBRUSH	<input type="checkbox"/> TISSUES AND WET WIPES
<input type="checkbox"/> MILD SOAP AND SHAMPOO	<input type="checkbox"/> SANITIZER

GOOD TO HAVE

<input type="checkbox"/> BREAST PADS (FOR LEAKAGE)	<input type="checkbox"/> SNACKS
<input type="checkbox"/> NIPPLE CREAM (FOR CRACKS)	<input type="checkbox"/> DRY FRUITS
<input type="checkbox"/> THERMOS FLASK	<input type="checkbox"/> JUICE BOX
<input type="checkbox"/> FEEDING PILLOW	<input type="checkbox"/> CHOCOLATE



BABY'S BAG



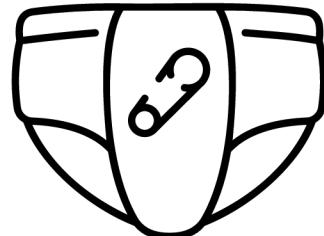
CLOTHING

- 3-4 COTTON JHABLAS OR ONESIES OR BODYSUITS
- SOFT BABY CAPS, MITTENS AND SHOES
- 3-4 SWADDLES OR RECEIVING BLANKET
- BABY BLANKET FOR EXTRA WARMTH
- TWO SETS OF GOING HOME CLOTHES



DIAPERING AND HYGIENE

- NEWBORN DIAPERS OR CLOTH NAPPIES
- ALCOHOL FREE WET WIPES
- BABY TOWEL AND GENTLE BABY SOAP
- DIAPER RASH CREAM
- MOISTURISING BABY CREAM



FEEDING AND COMFORT

- BOWL AND SPOON (IF FORMULA FED)
- FORMULA MILK (AS PRESCRIBED)
- BURP CLOTH AND COTTON NAPKINS (FOR WIPING AFTER FOOD)
- BREASTFEEDING COVER



GOOD TO HAVE

- FEEDING PILLOW
- QUICK DRY SHEET FOR BABIES
- BABY CARRIER



DAD'S BAG



DAD'S / BIRTHING PARTNER'S BAG

- SNACKS AND WATER
- CHANGE OF CLOTHES
- TOILETRIES
- PHONE / VIDEO CAMERA AND CHARGER
- LIST OF IMPORTANT CONTACTS



MISCELLANEOUS

MISC

- A BAG FOR USED CLOTHES
- EARPHONES / EARPODS AND CHARGER
- FAVOURITE PILLOW FOR EXTRA COMFORT
- BOOK / TAB FOR ENTERTAINMENT
- HOT-WATER BAG
- PAIN RELIEF SPRAY FOR LEG CRAMPS
- EAR PLUGS AND EYE MASK - HOSPITAL ROOMS CAN BE NOISY
- THANK YOU GIFT FOR NURSES

- _____
- _____
- _____
- _____



*Good
things
are
coming*