

## For the day of birth

### ***Pack in a separate bag from the suitcase:***

((Only this bag is needed in the delivery room))

#### ***For you :***

- Comfortable clothing for the delivery room
- Your toiletries
- Disposable underwear
- A water spray
- Equipment to listen to music if you like

You can also bring to the delivery room your favorite non-dairy and pulp-free drink (water, syrup, soda, coffee, tea, herbal tea, fruit juice without pulp).



#### ***For your baby:***

Your baby will need to be kept warm, and even in summer, prepare:

- A bodysuit
- Two woolen cardigans
- Warm socks or booties
- Pajamas
- A hat
- A sleep sack

***Remember to remove any piercings, jewelry, and contact lenses.***

## For your stay at the maternity

### ***Pack in a suitcase:***

#### ***For you :***

- Your clothes for the stay
- Slippers
- Nursing bras
- A pair of compression stockings, class 2
- Your health record and your partner's

#### ***For your baby :***

- 5 bodysuits
- 5 woolen cardigans
- 5 pajamas
- 5 pairs of booties or socks
- 2 hats
- 1 sleep sack (in addition to the one for the delivery room)
- 5 bibs
- 2 bath towels
- 1 hairbrush
- 1 warm outfit for the departure and a secured car seat if you are driving home

***N.B: Keep together and bring to each appointment all the following documents concerning your pregnancy follow-up:***

File, letters, test results (blood tests, ultrasounds, vaginal swabs, etc.), blood group card, ongoing medication prescriptions, and administrative documents: consultation labels and your admission documents to the maternity ward, family record book, and/or early recognition and health record.

***It is strongly advised to leave all valuables at home.***