

# Hospital Packing List



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**PAPER**  
MANUFACTURERS ASSOCIATION  
OF SOUTH AFRICA (PAMSA)

## FOR MOM

### CLOTHES

- Comfortable long t-shirt or night dress for childbirth (something you don't mind discarding if it gets soiled)
- 3 feeding bras
- Breast pads
- Underwear
- Mesh underwear for after birth
- Pajamas – open in front
- Dressing gown
- Slippers
- Socks
- Daytime comfy clothes
- Comfortable clothing for going home
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### HEY PRETTY LADY

- Lip balm
- Toiletries/hair scrunchies
- Make-up and hair brush

### SNACKS

- Sucking & chewy sweets
- Drinks – Bottled water, Lucozade/Energade to replace electrolytes
- Nibbles – e.g. pretzels, nuts, dried fruit

### TOILETRIES

- 2+ packs maternity pads
- Coarse salt (normal deliveries) for bath time
- Moisturiser

## FOR DAD

### IF HE CAN STAY

- Toiletries
- Change of clothing
- PJ's
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### SNACKS

- Money (including coins and notes for vending machines)

### TECH

- Cameras
- Tablet
- Cell phone
- Any chargers for above

### FOR LABOUR

- Massage rollers and oils for mom
- Pilates ball
- Heatable wheat bags
- Gel ice packs
- Towels
- Books or magazines
- Diary
- List of people to announce baby's birth
- Watch to time contractions or notebook for timing contractions
- Music to play during birth
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## FOR BABY

### TO KEEP WARM

- ± 3 Muslin blankets
- 1 cellular blanket

### BATHTIME

- 1 Hooded towel
- Baby moisturizer  
e.g. Epimax, E45, Eucerin
- Baby body wash
- Baby shampoo

### BUM AND BELLY BUTTON CARE

- 1 Packet of newborn nappies
- Wet wipes
- Disposable nappy bags
- Cotton wool
- Surgical spirits

### CLOTHES

- 3 long sleeve baby grows that fasten between legs
- 3 short sleeve vests
- 3 winter/summer outfits
- Baby socks
- Winter beanies

### MISCELLANEOUS

- Saline nose spray e.g. Flo baby
- Dummies (small, preferably latex)

### FEEDING TIME

- 1 small bottle (for emergencies)
- 1 small tin formula (for emergencies)
- Breastfeeding cushion
- Bibs
- Spit up cloth

### HOME TIME

- Best rear-facing car seat you can afford
- Going home outfit

### NOTES

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