

Mothers or parents or caregivers should prepare a few items at least three weeks before the due date.

Pack the following items for mothers:

- Birth plan and hospital paperwork
- Something flexible and comfy to wear during labour that does not restrict movement or make the mother overheat
- 3 sets of loose, comfy clothing
- 2 or 3 supportive and comfortable bras, including nursing bras for breastfeeding - keep in mind that the mother's breasts will be much larger than usual.
- Breast pads
- 2 super-absorbent sanitary or maternity pads
- 5 or 6 pairs of knickers (it is wise to bring some spares)
- A toothbrush, hairbrush, flannel, soap, lip balm, deodorant, hair ties, and other necessities in a washbag
- Towels
- Books, magazines, music, or podcasts to help pass the time and relax.
- A fan or a water spray to keep cool
- If the mother plans to breastfeed, they should wear front-opening or loose-fitting nightgowns or tops.
- Slippers and a dressing gown
- Healthy snacks and beverages
- Extra pillows
- Any necessary medications

Pack the following items for the baby:

- Vests, bodysuits, and sleepsuits
- A costume for going home in
- A hat, scratch mitts, socks, and boots
- Plenty of diapers
- A blanket or shawl
- Muslin bibs or squares
- A car seat for the trip home