



# Practical Information for Your Stay

We recommend you prepare a small bag with essential items approximately 4/6 weeks before your expected delivery date. The number of items will vary according to the length of your expected hospital stay. We would ask that you leave all valuables at home.

## for mother

✓	2/3 nightdresses (1 for labour) / pyjamas – front opening preferable
✓	Light dressing gown
✓	Slippers
✓	2/3 Bras (good support and front opening for breast feeding)
✓	Comfortable clothes and shoes for going home
✓	Breast pad (pack) even if not breast feeding
✓	6 pairs comfortable pants / disposable pants
✓	3 packs of maternity pads
✓	Freshen up wipes
✓	Personal toiletries including soap, shampoo, deodorant, hairbrush, etc.

## for baby

✓	Stretch suit / Babygrows (0-3 months size) x 10
✓	Vests x 10
✓	Baby hat, scratch mitts and socks
✓	Shawl or blanket
✓	Cardigan
✓	Approved car seat for transport home

Mount Carmel supplies disposable nappies, cotton wool and any toiletries for newborn baby.