

By the week 35 of their pregnancy, every pregnant women should start preparing themselves for their delivery. This will ensure that they do not get into a panic rush when leaving for the hospital after the baby has made his or her arrival intentions clear !

It is advisable to pack separate bags - one for the mother and one for the baby (and one more for whoever will accompany and stay with you in the hospital throughout) and leave them ready at a convenient spot at home where they can be easily located and grabbed even when leaving in a rush for the hospital.

Note : If your hospital has also provided you a list (including what they will provide for the mother and the baby) then use it to further modify the below list.

<p><b>Important papers :</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hospital Name, Address and any Booking related documents</li> <li><input type="checkbox"/> Doctor's Name, Address, Contact numbers</li> <li><input type="checkbox"/> Complete set of health reports, prescriptions etc. related to the period of pregnancy as well any other long term health conditions</li> <li><input type="checkbox"/> Health insurance related info</li> <li><input type="checkbox"/> Birth plan (if you have one)</li> <li><input type="checkbox"/> List of key people with their contact numbers</li> <li><input type="checkbox"/> Photo ID and Address proof</li> <li><input type="checkbox"/> A blank baby book</li> <li><input type="checkbox"/> Pen and paper</li> </ul> <p><b>Clothes for the mother :</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A couple of well worn but comfortable sleeveless cotton nightgowns which can be thrown away if they get spoilt</li> <li><input type="checkbox"/> Few pairs of cotton socks (non-skid if possible)</li> <li><input type="checkbox"/> Disposable slippers</li> <li><input type="checkbox"/> A worn shawl or sweater to keep you warm in overcooled hospital rooms</li> <li><input type="checkbox"/> A few maternity bras and nursing pads</li> <li><input type="checkbox"/> Maternity underwear (you may also use disposable ones)</li> <li><input type="checkbox"/> A couple of fresh nightgowns to wear after delivery</li> <li><input type="checkbox"/> A comfortable dress and a pair of slip on flat footwear, to go home in</li> </ul> <p><b>For the baby :</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> A coming home dress</li> <li><input type="checkbox"/> A few soft and warm blankets in which to bundle the baby for the ride home (especially if the weather outside is cold)</li> <li><input type="checkbox"/> Approved car seat (if mandated or preferred) that you have familiarised yourself with</li> <li><input type="checkbox"/> Baby nail clippers</li> </ul>	<p><b>Toiletries and accessories :</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Personal items <ul style="list-style-type: none"> <li><input type="checkbox"/> Hairbrush</li> <li><input type="checkbox"/> Toothbrush and Toothpaste</li> <li><input type="checkbox"/> Hand and face soap</li> <li><input type="checkbox"/> Lip balm</li> <li><input type="checkbox"/> Moisturiser &amp; Nipple cream</li> <li><input type="checkbox"/> Deodorant</li> <li><input type="checkbox"/> Disinfectant hand and baby wipes</li> <li><input type="checkbox"/> Spectacles and Contact lenses, lens case and solution</li> <li><input type="checkbox"/> Headband or ponytail holder (Hair clips may not be comfortable)</li> </ul> </li> <li><input type="checkbox"/> A good bath towel to enjoy your bath after you have delivered</li> <li><input type="checkbox"/> Sufficient numbers of heavy flow sanitary pads of your favorite brand</li> </ul> <p><b>Snacks :</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Sugar free candies to suck during labor</li> <li><input type="checkbox"/> A few packs of your favorite non-perishable snacks and cookies for the hungry new mom</li> </ul> <p><b>Not to forget :</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Mobile phone(s) and charger(s)</li> <li><input type="checkbox"/> Unless you want to use your mobile phone for taking pictures, a camera or camcorder (with battery, charger and memory card) to capture the precious moments</li> <li><input type="checkbox"/> If you don't have your music in your mobile phone, an MP3 player with pre-loaded music</li> <li><input type="checkbox"/> Anything like a cushion or pictures of your other children to help you relax</li> <li><input type="checkbox"/> A few light reading materials (It will help you and your companion pass any waiting time)</li> <li><input type="checkbox"/> Adequate cash and credit cards</li> <li><input type="checkbox"/> An old towel and plastic sheet to spread on the seat during the ride to hospital in case the water breaks</li> </ul>
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