

## Shiv Shakti Hospital, Bilaspur, C.G.

Checklist of things to take with you while going to hospital for delivery.

Pack your bags well in time & keep everything ready:

- All your antenatal scans, Hospital OPD papers, prescriptions & reports
- Comfortable clothing for mother (Feeding gowns & feeding bras - at least 2 sets; towels at least 2 in no)
- Non-slippery slippers for the mother
- Comfortable & clean, washed clothes for the baby - to wrap; to wear; cotton nappies; cap; socks, mittens; blankets; woollens in cold weather (at least 2 sets, more in the rainy season). The clothes should be 100% cotton
- Personal hygiene items, such as a toothbrush, toothpaste, shampoo, and soap. No need for powders, creams, etc for the baby
- A going-home outfit for yourself
- A comfortable pillow and blanket (depending on the weather)
- A book or other form of entertainment for during labor (or your favorite music)
- Some clean old clothes/3-4 chaddar (चादर) for general cleaning purpose
- Something to eat and drink for yourself and your support person, as per your liking
- Remove your jewellery & keep safely in home
- Utensils like plate, glass, spoon, bowls, etc
- A list of phone numbers for family and friends to contact (your mobile phones)
- Water bottles, preferably steel
- A camera or other device to capture the moment
- Remove your nail polish & cut your nails
- You should also check with your hospital for any particular requirements
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You may add any more things as per your personal requirements & choice