

MY HOSPITAL BAG

Downloadable checklist to help you
prepare for your **baby's arrival**.



MUM'S BAG FOR THE DELIVERY ROOM :

- ☐ Playlist with your favourite music
- ☐ Phone, headphones, charger
- ☐ Identity document
ID card, passport or residence permit for non-Swiss citizens who reside or are insured in Switzerland.
- ☐ Health insurance card(s)
- ☐ Family book
- ☐ Blood group card
- ☐ Allergy card and any other medical certificates
- ☐ Mother-to-be questionnaire
- ☐ Anaesthesia questionnaire
Also available online (see covering letter).
- ☐ Birth questionnaire
- ☐ Declaration of consent to the processing of your data

MUM'S OVERNIGHT BAG :

- ☐ 3–4 pairs of lightweight pyjamas
If you are planning breastfeed, choose ones with buttons as they are easier.
- ☐ (Comfortable) clothes for returning home
- ☐ Comfortable outfits
- ☐ Period underwear or comfortable underwear
- ☐ A small clip-on light for night feeds
- ☐ Washbag

*This list is intended to help you pack your bag,
and ensure you don't forget anything. It contains suggestions,
but you should adapt it to your preferences and needs.
Please don't hesitate to contact the Maternity team if you need
more information.*

IF YOU PLAN TO BREASTFEED :

- ☐ Practical tops (shirts, t-shirts)
- ☐ Ultra comfort breastfeeding bra
Buy at least one size bigger than at the end of your pregnancy
- ☐ Silver nursing cups
- ☐ Breastfeeding kit
Breast pads and nipple cream for sore nipples

BABY'S OVERNIGHT BAG :

- ☐ 7 cotton bodysuits, newborn size
Up to 1 month if expected weight > 3500 g
- ☐ 7 cotton sleepsuits, newborn size
Up to 1 month if expected weight > 3500 g
- ☐ 5 pairs of socks
- ☐ 2 baby sleeping bags, 0–6 months
- ☐ 2 hats
- ☐ 3 bibs
- ☐ 3 cardigans/gilets
- ☐ 4 nappies
- ☐ Your preferred pacifier
The Maternity team can provide you with one but it won't necessarily be the brand you would have chosen.



Created by the Maternity team
at Clinique Générale-Beaulieu in
collaboration with :

MOTHER *Stories*