

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 to breastfeed, choose ones with buttons as they are easier.
- (Comfortable) clothes for returning home
- Comfortable outfits
- Washbag

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

BABY'S OVERNIGHT BAG:

We will provide you clothes for baby for the duration of your stay. However, please feel free to bring your own clothes, for example for the photo session offered during your stay on the maternity ward.

Outfit for returning home:

- Heart bodysuit size 1 month
- Pyjamas size 1 month
- Bonnet
- Cardigan
- Booties or socks
- Romper suit depending on the season



SWISS MEDICAL NETWORK MEMBER

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MOTHER *Stories*