

## PREPARE YOUR SUITCASE

### FOR THE NEWBORN

#### **For the winter period:**

Body of wool and cotton (short sleeve)

Woolen socks

Long and whole sleep suit  
(at least 4 complete changes)

#### **For the summer period:**

Cotton body

Cotton socks

Thin cotton long and whole sleep suit , short in the warm  
period

(at least 4 complete changes)

4 changes in transparent envelopes numbered (1st day ...)  
and with the name of mum and baby (use the heavier  
change on the first day)

#### **Always**

A bed-spread

A small towel

-You are also advised to also bring diapers (3/5kg) and  
wet wipes in case it is not enough the set delivered from  
the hospital to the birth of the child (containing diapers,  
bandages, wipes).

If the mother wants to **breastfeed** is recommended to not  
use the dummy during the first days of life.

---

### FOR THE MOTHER

Nightgowns (or pajamas, if you prefer) . Those that open  
in front are more comfortable to breastfeed (but it is not a  
prerequisite) . Calculate that usually you will stay 3 days  
in the hospital and the shirt used for the delivery will be  
change immediately .

Bubble bath , cleanser for intimate hygiene , etc ...

Sanitary towel for the night (the hospital gives a pack )

Underpants ( aplenty) , for the first day would be  
advantageous ( not essential ) to have throwaway  
underpants

Towels

The **band postpartum** is recommended only in case of  
caesarean section .

---

### TO BRING IN THE DELIVERY ROOM

1 change newborn

Clean night-dress and underwear to wear after childbirth

If you want to listen music CD to during labor

wet wipes

NB : in the delivery room is always better to remove nail  
polish , rings , necklaces and earring