



What will I need when I am in the hospital?



On the way to the hospital, remember that for the best care of your newborn, you need:

- 6 bodies (O)*
- 4 pajamas (O)*
- 2 caps (O)*
- 2 pairs of socks (O)*
- Mittens (R)
- Cotton or wool blanket to wrap the baby (Depending on the season) (R)
- Newborn size disposable diapers (R)
- Wet wipes (R)
- Moisturizing body cream (E)
- Bottom cream (E)
- Physiological serum (R)
- Special ear swabs for newborns (E)
- Nasal aspirator (R)
- 2 bibs (E)
- Little suit, which is easy to put for when leaving hospital (E)
- Car seat for transfer home (E)

* Always before going to the hospital find out if they are going to give you clothes or not.

If they're not going to do this, then the bodies, pajamas, hats and socks go from Optional to Essential



And for your convenience, in the hospital, in the first few days after delivery, you need:

- 2 pairs of nightgowns (recommended front fastening if you want to breastfeed) (R)
- 1 postpartum girdle (R)
- 2 postpartum panties (R)
- Disposable pads (R)
- Toilet bag with your personal hygiene items (E)
- 2 nursing bras to breastfeed the baby (O)
- Cream for the breasts if you are going to breastfeed (O)
- Silicone liner (O)
- Protective discs (O)
- Breast pump (O)
- Comfortable clothes for leaving the hospital (E)

(E) Essential
(R) Recommended
(O) Optional
