

Hair ties, a cloth hair band, and hairclips – all of these can be used to keep your hair out of your face during labour and delivery
A brush and comb
A toiletries bag that includes toothpaste; toothbrush; facewash; body wash; shampoo and conditioner; and any other must-have toiletries including makeup
Face and body moisturiser
Lip balm. Your lips may get quite dry during labour
Spectacles instead of contact lenses
A comfortable robe and your favourite slippers
Several pairs of comfortable cotton socks. As warm as Singapore is, your feet might feel cold during labour
A cardigan
Comfortable, loose cotton clothing. Button-down shirts and/or t-shirts with stretchy necklines are ideal for breastfeeding
3-4 nightgowns that ideally open in the front
Around 5 sets of disposable underwear
Regular underwear as needed but make sure they're cotton and very comfortable
2 or 3 nursing bras and nursing pads
A set of clothes to go home in
A couple of plastic bags to take home any soiled clothes
2-3 packs of maternity sanitary pads. These are much thicker than regular sanitary napkins and are needed for the lochia discharge you will experience after giving birth
Nursing pillow
Breast pump, in case you need it
Your favourite massage oil for soothing back rubs while you are in labour
A heat pack for your partner to use on your back while in labour.
Earplugs or a headset, if noise irritates you
An eye mask, if you need one to sleep
Your phone and charger
TIP: Do not take jewellery and other valuables to the hospital.



Hospital admission form
Admission letter from your gynaecologist/ doctor
If relevant, a Letter of Guarantee (LOG) from your insurance company. Depending on the terms and conditions of your policy, this could help minimize any extra costs to you
Documents related to your medical history (e.g., x-rays, blood test reports) as well as the medication you are on, including dosage
NRIC if you are a Singaporean; passport if you are a foreigner
Your original marriage certification to register your baby's birth/ name. You can find more details about registering your baby's birth on the <u>Immigration and Checkpoints</u> Authority (ICA) website.
Any prenatal visit receipts, for MediSave Maternity Package claims
Your birth plan, if you have one
For Baby Check with hospital in advance if they provide diapers. Normally, they do. A couple of sets of pre-washed newborn clothing. Two long-sleeved, footed onesies and
two short-sleeved onesies are ideal
A baby beanie
A set of newborn socks or booties
One set of baby mittens to prevent your baby from scratching him/herself
A swaddle
A blanket
A prewashed baby towel if you do not want to use what the hospital provides. Your partner should remember to hand it over to the staff on duty as soon as you get to the hospital
One small pack of newborn diapers
A small pack of cotton wool balls
Baby's toiletries (mild baby wash and shampoo)



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Others	Baby's car seat – which should be fitted professionally before the baby is born if you have your own vehicle
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