



For Mum

- 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.



Documents

- 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 [Immigration and Checkpoints 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)

