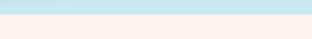






Have you included your baby's cord blood collection kit in your maternity bag?

Speak to one of our friendly consultants at www.cordlife.com/sg/make-an-appointment to receive yours today!



- **Essential Documents**
- O Identification card O Hospital form / letter
- O Cord blood / lining collection kit
- O Birth plan (if you have)
- Original marriage certificate (If you intend to register baby's name at the hospital)

For Mummies

- Mobile phone
- Entertainment (e.g. tablet, laptop)
- O Chargers / portable chargers
- O Cardigan / sweater
- Slippers
- Socks
- Clothes / pajamas
- Nursing bras
- Maternity pads
- O Disposable underwear
- O Breast pump
- Toothbrush & toothpaste (optional)
- O Facial wash (optional)
- O Body wash & shampoo (optional)
- O Hairband / hair tie
- O Going home outfit
- Nursing pillow (helpful after a C-sect)
- O Body wipes / wet wipes



- Baby clothes
- Scratch mittens
- O Booties / socks
- Hat / cap
- Swaddle blanket
- O Diapers / nappies
- O Going home outfit
- Infant car seat / carry cot

For Daddies

- Camera & memory card
- Snacks & drinks
- Jacket
- Change of clothes / toiletries
- Entertainment (e.g. book / tablet)

Hygiene Essentials

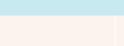
- Face masks
- Hand sanitisers















Cordlife's Tips: tablet / laptop will be helpful if you require some distraction to keep yourself relaxed before delivery!



A cardigan is especially useful during breastfeeding to ensure that your back and shoulders

are covered!







