HEALTH CITY
Cayman Islands



# PREPARING FOR YOUR BABY'S ARRIVAL:

## WHAT TO BRING TO THE HOSPITAL

**Be Ready:**
Packing Early Helps You Feel Calm and Prepared

- As your due date approaches, it is important to prepare your hospital bag in advance. Packing early helps reduce stress and ensures you have everything you need for labour, delivery, and your hospital stay.
- We recommend packing your bag by around 36 weeks of pregnancy.

## WHAT TO BRING FOR MOM

### Important Documents

- Birth plan and hospital notes
- Identification

### Clothing

- Loose, comfortable clothing
- Nightwear (front-opening if breastfeeding) – 4 gowns/sleepwear
- Dressing gowns/house coats – 2
- Slippers – 1 pair
- Socks
- Comfortable clothes – 3 changes
- Going home outfit (choose clothes that were loose-fitting before pregnancy)

### Underwear & Maternity Needs

- Underwear/panties – 4–6 pairs (disposable optional)
- Nursing bras – 3 (one cup size larger than normal)
- Breast pads
- Maternity/sanitary pads – up to 2 dozen recommended

### Toiletries & Personal Items

- Toothbrush and toothpaste
- Deodorant
- Comb or hairbrush
- General toiletries (soap, shampoo, etc.)
(These are provided by the hospital but you may bring your own.)

### Essentials

- Phone and charger
- Snacks and refillable water bottle
- Any medicines you are taking
- Entertainment (books, music, etc.)
- Laundry bag

# WHAT TO BRING FOR YOUR BABY

## Clothing

- Bodysuits, vests, and sleepsuits
- Shirts and sleepers (recommended: 4 of each)
- Hat/Cap – 2
- Scratch mittens/gloves
- Socks or booties
- Going home outfit

Clothing should be soft, comfortable, lightweight, loose fitting, and easy to put on and remove. Please wash all baby clothing, blankets, and towels before packing.

## Baby Essentials

- Wash Cloths/Muslin Squares - 4
- Receiving Blankets - 6
- Diapers - Up to 2 dozen
- Baby Wipes or Cotton Wool
- Baby Brush and Comb - 1 set

## Additional Items

- Baby towels
- Laundry bag

## Feeding Supplies

If you do not plan to breastfeed, please bring:

- Bottles
- Teats
- Formula
- Sterilising solution.

(These are not provided by the hospital.)

## Discharge Requirement

- Car seat (required for going home)

## WHAT YOUR BIRTH PARTNER SHOULD BRING

- A change of clothes
- Phone and charger
- Any medicines they are taking
- Camera
- Snacks and refillable water bottle

## IMPORTANT PACKING ADVICE

- Pack your hospital bag early (around 36 weeks).
- Keep items organised and easy to access.
- Label your belongings if possible.
- Do NOT place mothballs in your suitcase.

## FINAL CHECKLIST BEFORE YOU LEAVE YOUR HOME

Before coming to the hospital, make sure you have:

- Your hospital notes and documents
- Your packed hospital bag
- Baby essentials ready
- Car seat installed for discharge.

Being prepared will help you focus on your delivery and the arrival of your baby.