

WHAT TO PACK FOR YOUR BABY'S DELIVERY



FOR MOM

Hospital documents: ID, medical aid card, and birth plan—these are often forgotten.	
Nursing bras and breast pads: Essential for breastfeeding support	
Comfortable, loose-fitting pyjamas, robes, and slippers	
Maternity underwear: Disposable ones are always handy. Heavy-duty sanitary pads: The longer, the better.	
Toiletries: Pack your favourite toothbrush, shampoo, face wash, deodorant, Dove Ceramide Body Cream , phone and charger	
Favourite pillow and/or blanket: No need to bring high-end Egyptian cotton linen, as it might get stained	
Snacks and drinks: Helpful for energy during labour in a natural vaginal delivery. However, for a C-section, eating or drinking is prohibited six hours before surgery, so snacks can only be consumed after delivery	
Going-home outfit: Look fabulous, mama—you deserve it!	



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FOR BABY

Diapers: Pack the appropriate size, premature nappies are also available in stores.

Wipes: Choose gentle cleansing wipes, suitable for all-over use, no parabens, no phthalates, and 0% alcohol products like Baby Dove Wipes

Bum barrier creams: Options include Vaseline and Sudocrem, onesies and sleepsuits (plus socks, mittens, and hats)

Receiving blanket: Helps keep baby warm and is great for swaddling. Bibs and burp cloths

Going-home outfit: Always check the weather before dressing your baby

Car seat: A requirement for taking your baby home in most private hospitals.

Baby bath products: Choose gentle, fragrance-free, hypoallergenic products like Baby Dove Body Wash.

