**Mayo University Hospital: LIST OF ITEMS.**

**We recommend that you pack two separate bags for admission:**

X 1 Small bag for the labour ward.

X 1 Bag for maternity ward (postnatal),

**Small bag for Labour ward:**

* Handheld notes
* All your personnel toiletries
* Old nightdress or t-shirt if you prefer not to wear a hospital gown
* If you wear contact lenses - please bring your glasses.
* First set of baby clothes(**vest, Babygro, baby hat**) & cellular Blankets
* 1 Disposable nappy

**Bag for Maternity Ward:**

**Mother:**

* Night wear or PJs or light clothes
* 1 Dressing Gown / 1 Pair of Slippers
* 2 Bath Towels/ 1 Facecloth
* 2 Packs of Maternity Sanitary Pads
* 6 Regular panties or 2 packs disposable
* Toiletries / Hairbrush / Toothbrush & Paste
* Snacks, water bottle, pen

**Baby:**

*  **x 4 BABYGRO AND 4 X VEST**
*  **X3 HATS (new Babies lose body heat through their head)**
* **x 4-5 Small cellular *BlanketsX4 pairs of socks***
* 4 Cotton Crib Sheets or Pillowcases (work well)
* 1 Roll of Cotton Pads/ wool / Water Wipes 
* Approx. 2 Dozen Nappies (New Born)

**Please bring any current medication with you and inform the midwife.**