

For Mother

- 1) Sanitary pads
- 2) Nursing Breast pads
- 3) Comfortable and loose underpants
- 4) Comfortable Nursing Bras
- 5) Toiletries
- 6) Few pairs of socks
- 7) Comfortable sturdy footwear
- 8) Comfortable Night suits/ set of pajamas/ gowns
- 9) Bathrobes
- 10) Towels
- 11) Nipple or Breast cream
- 12) Breast pump
- 13) Mobile, charger and earphones
- 14) Some healthy snacks and fruits
- 15) A family photoframe
- 16) Nursing pillow with back support
- 17) Magazines or books to read
- 18) Shawl
- 18) Body lotion
- 19) Eye glasses
- 20) Hand sanitiser

For Newborn Baby

- 1) Comfortable, prewashed baby clothes
- 2) Warm cozy blanket
- 3) One of your favourite baby outfits to wear on the day of returning home
- 4) Baby Mittens
- 5) Bibs
- 6) Diapers
- 7) Baby Cap
- 8) Feeding bottle
- 9) Warm clothes
- 10) Cotton Muslin Squares
- 11) Baby powder
- 12) Baby soap, Baby shampoo
- 13) Baby massage oil
- 14) Baby body lotion
- 15) Wet wipes, tissues
- 16) Baby Insect repellent
- 17) Baby Diaper Rash cream
- 18) A car seat

For Father

- 1) Identity documents
- 2) Wallet
- 3) Mediclaim or Medical insurance documents
- 4) Camera
- 5) Toiletries
- 6) Extra clothes