

### **YOUR SUITCASE FOR THE MATERNITY CLINIC**

During your stay in REA maternity clinic, you will need the following:

#### **For you...**

- Pyjamas or a button front nightdress appropriate for breastfeeding
- A gown
- Lingerie
- Breast pads
- Nursing bra
- Slippers
- Personal care kit, i.e. toothbrush, toothpaste, shampoo, shower gel, hairdryer, cosmetics, etc.

#### **For your baby (only when discharged from the clinic):**

- Baby suit
- Baby socks
- A baby sheet or a baby blanket
- Carry Cot/ Infant carrier

During your baby's stay in our Clinic all the above are provided by us.