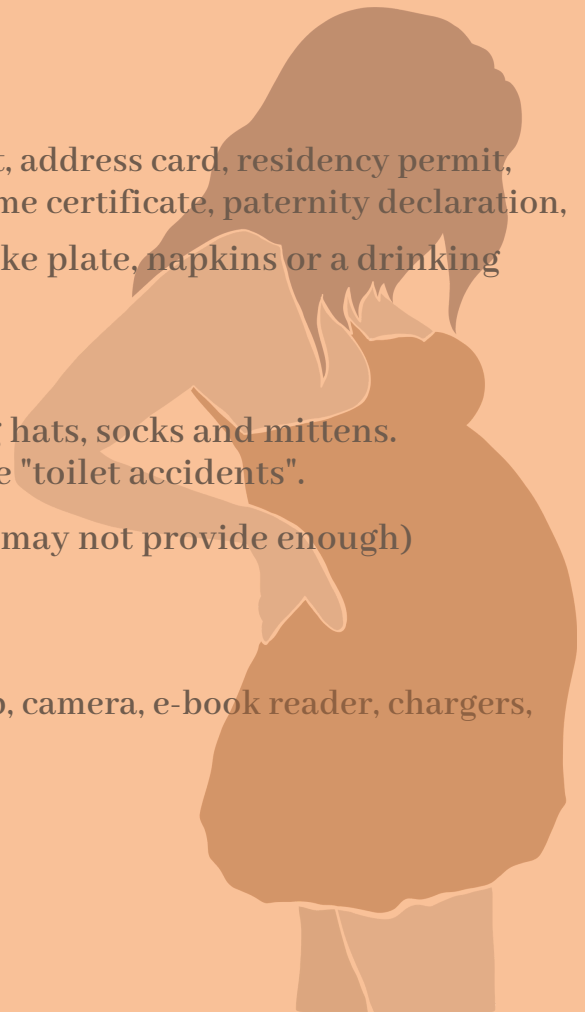


# HOSPITAL BAG ESSENTIALS

*in times of Covid*

[www.anacuchigracia.com](http://www.anacuchigracia.com)

- Comfortable loose clothes (t-shirts, leggings, night gowns, pj, socks, ...)
- A pair of slippers.
- Comfy underwear (preferably cotton ) / Disposable underwear
- Towels and a pair of flip-flops to wear in shower
- A set of clothes to go home (maternity / larger size clothes)
- Toiletries (including toilet paper)
- Sanitary pads
- Documentation: IDs, passport, address card, residency permit, marriage certificate, baby name certificate, paternity declaration,
- Cutlery and other utensils like plate, napkins or a drinking cup.
- Baby Wrap or Baby Blanket.
- 5-7 sets of clothes, including hats, socks and mittens. Remember babies often have "toilet accidents".
- Newborn diapers (hospitals may not provide enough)
- Foods and Drinks
- Gadgets: phone, tablet, laptop, camera, e-book reader, chargers, portable battery.
- Face mask, hand sanitizer.
- Money
- Carseat to take baby home.





# HOSPITAL BAG

*in times of Covid*


# ESSENTIALS



[www.anacuchigracia.com](http://www.anacuchigracia.com)

## For Mama

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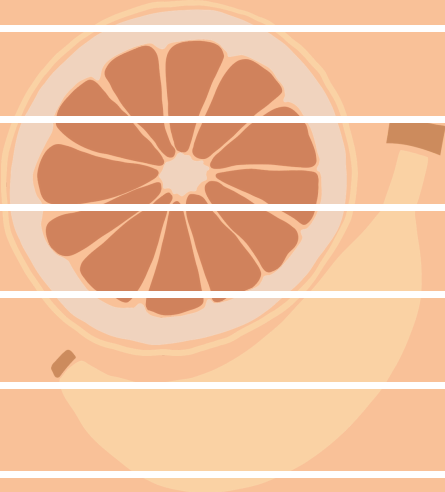
## For Baba

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## Food and Leisure

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## Other

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