

a. The Suitcase

MODULE 7

Pack Your Suitcase Before You Need It

Think about packing two bags: one with things you will want during labour, another with things you will need during your hospital stay. The second bag should contain the clothes that you and your baby will wear home.

Here are a few suggestions to help you prepare what you will need during labour and delivery.



Here are a few suggestions to help you prepare what you will need for your stay at the hospital.

