



St. Maarten Medical Center

We Care!

For Maternity Patients What to Pack for your Hospital Stay

You should have all the things you will need for yourself and your baby packed and ready to go at least **four weeks** in advance. This is a guide-you may bring more things if you wish.

For Your Baby:

- 1 Pack of new born pampers size 1
- 4 Vests or 4 undershirts
- 4 Night gowns or sleepers
- 4 Pairs of socks
- 4 Receiving blankets
- 4 Towels and 4 Washcloths
- 4 Burping clothes (bibs)
- 4 Baby caps
- 1 Laundry bag
- Baby brush and comb
- Baby wipes
- Gloves/mittens
- Mosquito net

Clothes for your baby should be soft, comfortable, light-weight and loose fitting. They must be easy to put on and remove. Please wash all clothing, blankets and towels before packing.

For Yourself:

- Toiletries
- 4 Nightgowns or sleepwear
- 4 Panties (large and comfortable)
- 3 Nursing bras or good support bras (one size larger than normal)
- 2 House coats/dressing gowns
- 1 Pair of slippers
- 1 Laundry bag
- Breast pads
- 3 Towels and 3 washcloths
- 2 Pairs of socks
- Sanitary napkins (Regular and Overnight)
- 1 Set of going-home clothes (select clothes that were large before your pregnancy)

A Maternity Pack containing some of the necessities for mother and baby during hospital stay, is available for purchase at the Cay Hill Pharmacy located on our premises.