



CHECKLIST FOR MUM & DAD

You never know the date of your delivery exactly. To be ready when the moment comes, we recommend to prepare your bag for the hospital as early as in the 7th month of your pregnancy.

IMPORTANT DOCUMENTS

- ☐ Infant health pass
- ☐ Insurance card or membership number of your private health insurance
- ☐ Photo ID

FOR MUM

- ☐ Night gown (preferably one that opens in front to facilitate breastfeeding).
- ☐ Bathrobe, slippers (we provide those in your room as well)
- ☐ Nursing bras
- ☐ Small breastfeeding lamp (optional)
- ☐ Toiletries & cosmetic products
- ☐ Comfortable clothes for your trip home
- ☐ Music (e.g. on your mobile) & earphones
- ☐ Mobile phone & charger
- ☐ List of important phone numbers

FOR YOUR BABY

- ☐ Baby clothes for your trip back home according to the season
- ☐ Infant carrier for the trip home

FOR DAD TO TAKE TO THE HOSPITAL

- ☐ Hospital bag
- ☐ Documents
- ☐ Mobile phone & charger
- ☐ Camera

TRIP TO RUDOLFINERHAUS

- ☐ By car
 - As the date of birth comes closer please check
 - Your car is refuelled
 - Your car keys are easy to find
 - Save the hospital's address to your car's GPS beforehand
- ☐ Childcare
 - If you already have children, think of organising their care beforehand