

# Eve & Rose

## For you

- 5 maternity underwear.
- 5 pairs of warm socks.
- Slippers and bathrobe
- A nightgown (front-opening shirts are useful in the early days of breastfeeding).
- Comfortable and nice clothes.
- A comfortable going-home outfit in six-month maternity size.
- A laundry bag.
- Toiletries and personal items
- A good concealer and some make-up removal.
- Your Eve & Rose skincare products.
- Extra absorbent maxi-pads (no fragrances and no colours).
- Two large bath towels.
- A hairdryer.

- Some of your favorite tea bags.

- Light reading, movies, music...

- After delivery snacks.

- Camera, charger and extra memory card.
- Cellphone and charger, phone numbers of people to call after birth.



[www.eve-rose.com](http://www.eve-rose.com)

## For baby

- 4 sleepsuits.
- 4 bodysuits.
- 2 pairs of warm socks or booties.
- 2 warm jackets.
- 1 hat.
- 2 muslin squares.
- 2 bibs.
- A baby blanket.
- Nappies.
- Cotton and cleansing lotion or wipes.
- A natural soap.
- A large bath towel.
- If needed - a dummy, a baby night light.
- An approved car seat.

## To pack for nursing

- Nipple balm.
- Maternity pads.
- One or two nursing bras.

## For the delivery room

- Your baby outfit (body, sleep suit, hat, booties) and one blanket.
- Your outfit (one large T-shirt, one legging, one jacket, one pair of warm socks).
- A mineral water spray.
- Your birth plan and documents.