

Hospital bag for the birth

You'll be well prepared with our packing list

Sometimes babies decide to make an appearance earlier than expected. Which is why we recommend packing your hospital bag by the 30th week of pregnancy

Important documents

- Identity card/passport
- Family ID or acknowledgement of paternity for unmarried couples (if available)
 - Any family members who are foreign citizens should ask their registry office for the required documents.
- Blood group card
- Birth plan (if available)
- Allergy card, vaccination booklet, maternity record (if required)
- Documents for registering the birth or questionnaires that the hospital has sent to you in advance
 - Please bring these filled out and signed
- Your health insurance card

Tip: Take out health insurance for your baby before the birth → helsana.ch/baby-package

For the birth

- Comfortable clothing (e.g. oversized t-shirt)
- Slippers and thick socks
 - cold feet inhibit contractions
- Lip balm
 - in case your lips get dry from increased breathing
- Hairband, if required
- Smartphone/tablet with charger and headphones
 - Put together a playlist for the birth
- Any regular medication in original packaging
- If you usually wear contact lenses, bring your glasses
 - intraocular pressure changes during birth, so some hospitals recommend that you avoid wearing contact lenses.

For after giving birth

- Clothes for several days that you also found comfortable during pregnancy (e.g. leggings, sweatpants)
- Nursing bras → slightly bigger than before, as the onset of milk will make your breasts slightly larger
- Pyjamas/nightdress
- Compression stockings (if you have them)
- Toiletry bag with your personal care products
- A small hairdryer, if required
- A book or magazine, if required
- Clothes for the baby photo, if required

Tip: Most hospitals will provide you with sanitary pads, aids for nursing, baby clothes, nappies, dummies, ash cloths, hand towels and a nursing pillow.

For discharge

- Baby clothes (bodysuit, babygrow, jacket, hat)
- Clothes for yourself
- Baby sling/carrier → have the pram and/or baby seat for the car brought on the day of discharge
- Baby blanket and burp cloths

Do you have questions about pregnancy or birth?

Our health consultation advisors are happy to help you.

058 340 15 69*

Monday to Saturday, 6.30 a.m. to 9.30 p.m.

* This service is available free of charge to all customers with supplementary insurance. By calling Helsana health consultation, you accept the terms of use and privacy policy: helsana.ch/health-consultation