



What to Take to Hospital in Spain

Use this handy checklist to make sure you have everything you could need for having your baby in a hospital or birthing centre in Spain

Paperwork

- ☐ Public healthcare card (public centres)
- ☐ Medical insurance card (private centres)
- ☐ Birth plan
- ☐ Pregnancy medical records and test results (especially if birthing in different hospital to previous check ups)

Mum

- ☐ Going home clothes
- ☐ Loose comfortable clothing
- ☐ Maternity bras
- ☐ Breastfeeding tops
- ☐ Cheap or disposable underwear or adult diapers
- ☐ Socks
- ☐ Flip-flops
- ☐ Sleepwear
- ☐ Jumper/cardigan
- ☐ Breast/nursing pads
- ☐ Maternity/maxi sanitary pads
- ☐ Hairbrush and hairbands
- ☐ Massage oil
- ☐ Lip balm
- ☐ Makeup (if you want)
- ☐ Body wash
- ☐ Face wash
- ☐ Toothbrush and toothpaste
- ☐ Deodorant
- ☐ Face moisturiser
- ☐ Glasses or contact lenses and solution (if applicable)

Partner

- ☐ Change of clothes (tops, trousers, socks, pants)
- ☐ Sleepwear
- ☐ Toothbrush
- ☐ Glasses or contact lenses and solution (if applicable)
- ☐ Flip-flops
- ☐ Pillow
- ☐ Toiletries

Baby

- ☐ Nappies size 0 and 1 (8/10 a day)
- ☐ 3-4 bodysuits (onesies) for baby (long or short legs and arms depending on season)
- ☐ 2-3 hats for baby (depending on the season)
- ☐ 3-4 pyjamas
- ☐ Car Seat suitable for newborn (Group 0, 0+, 0+/1)
- ☐ Socks/booties
- ☐ Baby blanket

General

- ☐ Music
- ☐ Camera
- ☐ Phone
- ☐ Tablet
- ☐ Device chargers (incl. extra length cables/extensions)
- ☐ Books and magazines
- ☐ Snacks and drinks
- ☐ Water bottle
- ☐ Cash
- ☐ Headphones
- ☐ Eye mask
- ☐ Tens machine (if applicable)
- ☐ Peri-bottle
- ☐ Cold compress pads/padsicles
- ☐ Witch Hazel
- ☐ Nipple cream

WHAT TO PREPARE/REMEMBER BY 37 WEEKS

1. Hospital bag
2. Know how to fit car seat for return from hospital
3. Have 'true' essentials ready at home - safe place for baby to sleep, safe way to transport baby outside or in any cars, way to feed baby (bottles or breast), baby clothes, nappies
4. Go through your Birth Plan with birth partner. You should both be familiar with, and ready to advocate for, birthing preferences
5. Hire, purchase, or borrow a TENS machine for labour pain relief (we have one for rent - just ask!)
6. Purchase or borrow a Pilates ball AND Peanut ball (see our Blog post - Using Positioning Aids in Labour)
7. Consider protecting your bed with a plastic sheet or wearing a pad at night, in case your waters break
8. If you have other children or pets, ensure you have plans in place for when you go into labour



Baby On Board Spain
www.babyonboardspain.com