

In order to make your stay as comfortable as possible at the delivery, Hospital Jerez Puerta del Sur has a wide range of human and material resources at your disposal.

We recommend you to prepare the maternal and newborn's suitcase in week 35. We provide you some indications about what clothes you should bring:

- **For the mother:**

- Two nursing nightgowns
- Two nursing bras (if breastfeeding)
- Gym style compression bra (if formula feeding)
- Disposable underwear
- A robe
- Slippers
- Toiletry bag
- Body gel and shampoo (optional)
- Hair dryer (optional)
- Purelan cream (if breastfeeding)
- Epixelle gel (ask the midwife)
- Seidibion (if breastfeeding)

- **For the newborn:**

- 4-5 bodysuits. If it is winter, with long sleeves. If it is summer, short sleeves.
- 4-5 leggings
- 4 pajamas
- A blanket
- A comb
- Nail file
- Clothing for discharge, including a hat.