

Antenatal & Admission Packing List

What to bring for your clinic visits, for admission in labour, and for your baby. Packing early — from about 36 weeks — means you can leave for the hospital without delay.

For every clinic visit

- Original ID or passport and a copy
- Mother & Child / ANC booklet and all previous clinic results and scan reports
- SHA card or private insurer details
- Any medicines or supplements you are taking

Mother's bag — for admission

- Original ID / passport and copies; ANC / Mother & Child booklet
- Loose, comfortable nightwear (2–3) and a light wrapper or cardigan
- Non-slip slippers and a pair of socks
- Sanitary pads (maternity pads if you have them), underwear
- Toiletries: soap, toothbrush and paste, towel, tissue; water bottle
- Phone and charger; a small amount of cash for transport home if needed

Baby's bag

- 6–8 soft onesies / sleepsuits and baby socks
- Soft caps, muslin cloths and 2–3 small towels
- Newborn nappies (a pack of 40–60)
- Baby blanket for discharge — keep the cot free of loose bedding
- Baby soap or wash and a small basin

Do not bring

- Valuables, jewellery or large sums of money
- Traditional herbal preparations or unprescribed medicines
- Loose pillows and heavy blankets for the newborn cot

On the day — quick reminders

1. Note the time your contractions started or your waters broke and tell the midwife.
2. Come straight away if you have any danger sign — bleeding, severe headache, blurred vision, fits, fever, or reduced baby movement.
3. Call the emergency line on the way: +254 778 564 272.

Keep your phone charged and save the emergency number before your due date.