



# Packing your hospital bag (vaginal birth)

Think about the logistics - decide on how many bags to bring. Using luggage would be easier to wheel around! One awesome tip, let the birthing person lay everything out and support partners to pack them into the bag! This way your partner will know where they items are!

## IMPORTANT DOCUMENTS

- **Identification card or passports** (for foreigners)
- **Admission letter from your doctor**
- **Prenatal receipts** (for Medisave claims)
- **Letter of guarantee from your company or insurance provider** (if applicable)

## SUPPORT PARTNER

- **Personal toiletries**
- **Eye shades**
- **Jacket or sweater**
- **Socks, Slippers**
- **2-3 sets of clothes** (include long trousers)
- **iPad, Kindle, or other devices with chargers**
- **Snacks**
- **Pillows** (optional)

## BIRTHING PERSON

- **Comfortable breastfeeding-friendly clothes**
- **Robe or gown for labour**
- **Bikini, bra or sports bra that is easy to remove** (especially for a water birth or hydrotherapy)
- **2-3 nursing bras**
- **2-3 maternity outfits**
- **Disposable underwear** (ie. mesh panties)
- **An outfit for going home**
- **Socks, Slippers**
- **Jacket or cardigan**
- **Personal toiletries** (include hair ties and lip balm)
- **Eye shades**
- **Maternity pads** (provided by the hospital - bring your own if preferred)
- **Charger or power bank**
- **Snacks** (dates, biscuits, fruits, coconut water, electrolytes, bone broth, honey sticks, chocolates, energy bars or balls, dried fruits, nuts, bananas)

## FOR BABY

- **2 sets of clothes**
- **1 set of mittens, booties and cap** (optional)
- **1-2 swaddle blankets**
- **Newborn nappies and wet wipes** (provided by the hospital or bring your own if preferred)
- **Car seat**

## BREASTFEEDING PROPS

- **Nipple cream**
- **Haakaa pump or milk collection shells**
- **Silverette cups**
- **Breast pads**
- **Epsom salts and cotton pads** (for nipple care)
- **Milk bottles** (if not planning to breastfeed)
- **Harvested colostrum with a cooler bag**

Note: When bringing collected colostrum to the hospital, take only the syringes you expect to use. Thawed colostrum must be used within 24 hours



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# Packing your hospital bag (vaginal birth)

## LABOUR TOOLS

- **Heat pad or rice socks**
- **Mini diffuser and essential oils**
- **Gym ball or peanut ball** (optional)
- **Massage oil or heat rub**
- **Rebozo or long scarf**
- **Pictures to stick around the room** (optional)
- **Tea light candles, light projector or fairy lights** (optional)
- **Portable speakers**
- **Noise-cancelling headphones**
- **TENS machine** (optional)
- **Water bottle with a straw**
- **Face towel**
- **Portable fan with twisty stand**
- **Comb**

## PERINEUM CARE

- **Perineum cool pads**
- **Perineum sprays** (eg. Earth mama)

## JOURNEY TO THE HOSPITAL

- **Wet wipes**
- **Small or medium-sized towels**
- **Plastic bags**
- **Peppermint oil for nausea relief**

## MISC

- **Extra ziplock bags or disposable carriers** (for soiled or dirty laundry)
- **Cooler bag and ice block** (for transporting frozen colostrum or taking your placenta home)



## Packing your hospital bag (Belly Birth)

Think about the logistics - decide on how many bags to bring. Using luggage would be easier to wheel around! One awesome tip, let the birthing person lay everything out and support partners to pack them into the bag! This way your partner will know where they items are!

### IMPORTANT DOCUMENTS

- **Identification card or passports** (for foreigners)
- **Admission letter from your doctor**
- **Prenatal receipts** (for Medisave claims)
- **Letter of guarantee from your company or insurance provider** (if applicable)

### SUPPORT PARTNER

- **Personal toiletries**
- **Eye shades**
- **Jacket or sweater**
- **Socks, Slippers**
- **2-3 sets of clothes** (include long trousers)
- **iPad, Kindle, or other devices with chargers**
- **Snacks**
- **Pillows** (optional)

### BIRTHING PERSON

- **Loose, comfortable clothes** (easy to wear over your incision)
- **Front-opening tops or nursing dresses for breastfeeding**
- **Comfortable maternity underwear** (high-waisted to avoid the incision area)
- **2-3 nursing bras**
- **2-3 maternity outfits**
- **Socks, Slippers**
- **Jacket or cardigan**
- **Personal toiletries**
- **Eye shades**
- **Maternity pads** (provided by the hospital - bring your own if preferred)
- **Charger or power bank**
- **Recovery snacks**

### FOR BABY

- **2 sets of clothes**
- **1 set of mittens, booties and cap** (optional)
- **1-2 swaddle blankets**
- **Newborn nappies and wet wipes** (provided by the hospital or bring your own if preferred)
- **Car seat**

### BREASTFEEDING PROPS

- **Nipple cream**
- **Haakaa pump or milk collection shells**
- **Silverette cups**
- **Breast pads**
- **Epsom salts and cotton pads** (for nipple care)
- **Milk bottles** (if not planning to breastfeed)
- **Harvested colostrum with a cooler bag**

*Note: When bringing collected colostrum to the hospital, take only the syringes you expect to use. Thawed colostrum must be used within 24 hours*

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# Packing your hospital bag (Belly Birth)

## COMFORT & RECOVERY AIDS

- **Belly binder**
- **Heat pad or rice socks** (for back pain relief)
- **Reclining Pillow or Wedge** (provides back support for a comfortable resting position)

## MISC

- **Extra ziplock bags or disposable carriers** (for soiled or dirty laundry)
- **Cooler bag and ice block** (for transporting frozen colostrum or taking your placenta home)



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# Procedure for newborn registration

All parents of newborns, regardless of their immigration or marital status, are required to register their child's birth online via LifeSG (through the mobile app or [www.life.gov.sg](http://www.life.gov.sg)). Parents who are Singapore citizens, permanent residents or long-term pass (FIN) holders will need to log in using your Singpass.

You may download the LifeSG app for free at iOS App Store or Android Google Play Store. Watch this video to find out more about the app. You can visit Singpass website to register for a Singpass account if you do not have one.

Note: The maternity hospitals no longer provide birth registration service from 29 May 2022.

For online submission of birth registration, you will receive a digital notification shortly upon successful registration of the birth. For cases where further verification is required, you will be notified of the successful registration within three (3) working days. Please note that some cases may take longer to process.

Once notified, you will have to download the digital birth certificate of your child at [ICA's e-Service](#) within 90 days.

If your child is not a Singapore citizen, you are required to apply a passport for your child from the Embassy or High Commission of your nationality/citizenship within 42 days from the child's birth, after receiving the birth certificate. You are also required to apply for an appropriate immigration pass at ICA Visitor Services Centre or Ministry of Manpower (MOM) (for work pass holders) for your child's stay in Singapore. More details are found under the "Important Information" section below.

You may contact ICA at [ICA\\_Birth\\_RBD@ica.gov.sg](mailto:ICA_Birth_RBD@ica.gov.sg) if you have any query relating to the birth registration process and digital birth certificate.

Note: ICA no longer issues physical birth certificates from 29 May 2022. Digital birth certificates will be issued only for births that are registered from 29 May 2022. You are advised to save your child's digital birth certificate in your personal device for future retrieval.

For foreigners, please note that you need a local number to register.



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