



# *What to pack: Postpartum Care Basket*

- 1 Adult Diapers
- 2 Nappies Maternity Pads
- 3 Breast Pads (Reusable & Disposable)
- 4 Stretchy, Forgiving Underwear / Carriwell Disposable Undies / Hospital Panties
- 5 Maternity Bras
- 6 Linen Savers