



Hospital Bag Checklist

ESSENTIALS

- Clothes, hat and booties for baby - Pack multiple changes
- Underwear - Pack plenty - Disposable underwear is a great option also
- Extra high granny style underwear for planned or unplanned c-sections
- Nursing bras
- Breastfeeding t-shirts
- Breastfeeding hoodie
- Maternity leggings / harem pants
- Comfortable loose clothing
- Socks
- Slippers
- Clothes to wear home
- Toiletries - Take a nice body wash for your first shower after birth
- Baby blanket
- Hair bands
- Breast pads
- Nipple cream
- Heavy duty sanitary pads
- Lip balm
- Diapers and baby wipes - Unless you want to use a certain brand most hospitals supply them but be prepared and check first
- Pyjamas
- Lots of snacks
- Drink bottle
- Preferred type of drink for after giving birth e.g. coconut water
- Money for the vending machine - In case you run out of snacks
- Birth plan

NICE TO HAVE

- Dressing gown
- Pillow
- Earplugs
- Dry shampoo
- Cosmetics
- Camera and charger
- Essential oils
- Ice packs
- Journal and pen
- Magazines
- Feeding cover
- Laptop and charger
- Your preferred type toilet paper
- Arnica cream

LAST MINUTE ITEMS

- Phone and charger
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HOW SHOULD I PACK

Depending on what you would like to pack, hospital bags for expecting mothers are usually packed in one of the following ways.

- Bag for baby and a bag for me
- Labour bag and a hospital stay bag
- Essentials bag and an excessive bag
- Bag for baby and me, plus a snacks bag

THE TOP 10 TIPS FROM 247 AMAZING MOTHERS:

- The earlier you pack the better, you can always add more or change things out.
 - Check what your hospital provides and then start from there. If they supply nappies & wipes don't take any!
 - Don't go overboard. Have an essential bag that goes in when you get admitted, leave anything excessive in a bag in the car and it can always be grabbed later if you need it! But don't forget the creature comforts that make you feel good.
 - Pack your bag, then unpack it & see if there are things that you really don't need. Then repack it, you'll find some stuff isn't needed.
 - Put baby clothes in zip lock bags with all the items needed for the change so you do not have to look for tiny items. And have separate little bags for your other items as it's easier to go through them inside your main bag.
 - Make a 'throw in at last minute' checklist.
 - Do pack decent toiletries for yourself, a nice moisturiser & body scrub is something small that will make you feel human again and in particular big black undies for the maternity pads.
 - Organise a range of sanitary pads, different sizes and shapes.
 - Pack well before your due date in case the baby comes early and don't forget snacks for the father. They can be annoying if they suddenly decide they are hungry during your labour.
 - Pack for a few days, just in case you need to stay longer than anticipated.
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Wishing all you Mums a happy and healthy
start with your new little humans.
You've totally got this!!

