

Hospital Bag Checklist



Main Bag :

- Slippers x 1
- Flip flops x 1
- Socks x 3
- Breastfeeding robe X 1
- Nightgowns or pyjamas x 2
- Nursing bras x 2
- Underwear (loose cotton panties) x 6
- Nursing pads, nipple cream
- Pack of maxi pads
- Loose, comfortable clothing
- Toiletries (face wipes, a toothbrush and toothpaste, hair brush, dry shampoo, shower gel any makeup you may need)
- Moisturizer and lip balm

- Snacks and drinks

- Contact list
- Your birth plan
- Any paperwork requested
(insurance card, identification card)

- Electronics including your phone, headphones, charger.
- Notebook and pen
- Watch or smartphone with app to time contractions
- Book, magazines
- Pillow (additional pillow / nursing pillow / postpartum pillow)



Hospital Bag Checklist

Baby Bag :

- A cosy outfit for going-home (since it's summer make sure the outfit is light and cool for baby) x 1
- Baby's breathable swaddling blanket x 1
- Infant car seat
- Muslin clothes x 3
- Baby grows x 4, Baby vests x 4, Baby hat and mitts x 1
- Additional light blanket or swaddle x 1
- A packet of newborn size diapers (12)
- A packet of baby wipes x 1

My Partner's Bag



- Change of clothes
- Cash / Credit Card
- Toothbrush
- Snacks, Sandwiches, Drinks
- Phone and charger