

Hospital Bag Checklist

FOR BABY

- 2 x Growsuits per day
- 2 x Singlets or Bodysuits per day
- 1 x Sleepsuit per night in Hospital
- 2 x Hats and/or Beanies
- 1 x Socks and/or Booties per day
- 1 x Mittens per day
- 2 x Bibs per day
- 1 x Pack of Baby Wipes
- 2 x Muslin Face Washers
- 1 x Baby Towel
- 1 x Baby Blanket
- 2 x Going home outfits
- 1-2 x Muslin Wraps
- 1-2 x Bunny Rugs or Cocoon Wraps
- Nappies



PUREBABY TIP:

When packing your bag, consider choosing one with wheels, as this is a safer option for when you are leaving the hospital with your new bundle of joy. A lot of hospitals have a no lift policy.



Scan here to read the blog article!

Notes: _____

DON'T FORGET!

Your baby **MUST** travel home from the hospital in a suitable Infant Car Seat, which for newborns is a Rear Facing Capsule. Make sure you have a Capsule correctly installed in your car prior to birth.

Hospital Bag Checklist

FOR MUM

Clothes

- Comfortable Clothing to wear during labour and the Hospital stay, such as a Nightie, Baggy T-shirt, Pyjamas, Sweats or a Robe
- Casual Clothes with front opening Tops for breastfeeding
- A few pairs of Socks
- Slippers or Slip On Shoes, to wear around the Hospital
- Plenty of comfortable Underwear and Support Garments
- Breastfeeding Bras, if choosing to breastfeed
- Clothing for the trip home, make sure they're roomy and comfortable
- Laundry bags for dirty Clothes

Documents & Essentials

- Your birth plan
- ID and Wallet
- Private Health Insurance card
- iPhone/Smartphone (and Chargers)
- Camera for photos or video
- Water Bottle
- Snacks and Drinks for you and your partner/family
- Pen and Paper or Notebook

Toiletries

- Skincare such as a Moisturiser and Facial Spray
- Items for the shower, such as Body Wash, Shampoo and Conditioner
- Toothbrush and Toothpaste
- Deodorant
- Lip Balm
- Hairbrush, Hair Tie or Clips
- Massage Oil and/or Lotion if you would like to be massaged during labour
- Prescription Glasses
- Maternity Pads
- Breast Pads
- Ice/Heat Packs
- Peri Bottle

Notes: _____

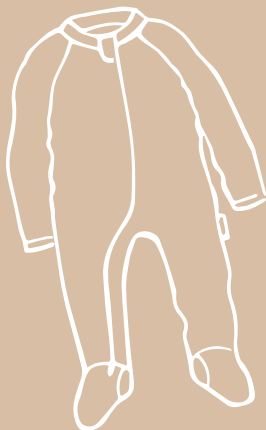


Hospital Bag Checklist

LABOUR SPACE

To Set Up Your Space

- Personal items that bring you comfort from home such as a Pillow, Cushion, Blanket/Throw
- Headphones and/or Portable Speaker for Music, Podcasts or Audiobooks
- Activities to help you relax and pass the time such as Books and Magazines, or Apps
- Electric Diffuser and Essential Oils
- TENs Machine or Massage Devices that you have previously used and liked
- Stress Ball
- Stopwatch to time contractions, or use your Smartphone
- Images to look at to remind you what you can achieve or to keep you going and help keep focused
- Meditation or mindfulness resources, either audio or printed to be read by your partner



Items You Can Ask to Use

- Birth Mat
- Fit Ball
- Shower
- Cold/Heat Packs
- Ice to crunch on

For The Birth Partner

- Change of Clothes
- Comfortable Shoes
- Toiletries such as Deodorant, Toothbrush and Toothpaste
- Snacks and Drinks
- Swimwear if you want to join for a water birth

Notes: _____
