

Hospital bag packing checklist.

For mum

- Night Gown
- Towel
- Slippers & flip flops
- Socks
- Nursing bras
- Breast pads
- Lactation massager
- Comfortable clothes
- Comfortable underwear
- Any paperwork/ documents
- Snacks
- Toiletries
- Comfortable pillow
- Pads
- Lip balm & body lotion

For baby

- Bodysuits
- Blanket
- Diapers
- Wipes
- Car seat
- Baby wraps/ swaddles
- Towels
- Burp cloths
- Socks
- Bag for the 'dirty clothes'
- Sweaters/ coats
- Scratch mitts
- Cotton balls
- Going home outfit
- Nursing Pillow

Notes

