

The Hospital Bag List

Birth is a wild ride. Here's what to pack so you feel prepared and in control.

FOR YOU

-
- 3 x Maternity bras

 - 4 x Maternity underwear

 - Breast pads pack

 - Maternity postpartum pads pack

 - Ice and heat pack

 - Milk collector

 - Silverettes

 - Button-down pyjamas

 - Robe

 - Slippers

 - Toiletries bag with everything you need to feel fresh

 - Comfy going-home outfit

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*Tick it off...
in your third
trimester*

FOR BABY

- 4 x Singlets
- 4 x Onesies
- 3 x Pairs of socks
- 2 x Hats
- 2 x Swaddle wraps
- Blanket
- Pack of wipes
- Pack of nappies
- Sterilised dummy

EXTRAS

- Snacks
- Reusable water bottle
- Phone charger
- Headphones
- Swimwear
- A notebook for medical information
- Laptop with pre-downloaded movies, TV episodes, audiobooks, podcasts and music