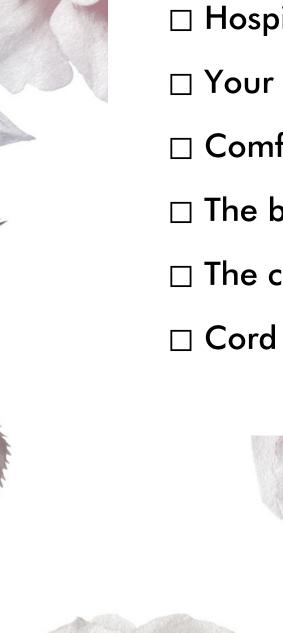
M8B.

HOSPITAL **ESSENTIALS**

□ Baby's first outfit (VERY IMPORTANT!)

□ Spare baby outfits

- x 5 for a natural birth
- 10 for cesarian
- □ Baby beanies x 2
- Baby's going home outfit (SUPER IMPORTANT)
- □ Baby wraps x 2
- □ Phone charger & phone
- □ Your birth plan
- Insurance card and papers



□ Hospital admissions forms pre-filled out

□ Your ID

Comfortable travel-home clothes

- The baby car capsule (professionally installed)
- The camera & charger and/or phone charger
- □ Cord Blood Kit (if you are opting to keep it)





M8B

LABOUR LIST

- □ Your choice of maternity sanitary pads
- □ Your choice of mesh maternity underwear
- □ Bodywash
- □ Toothbrush and paste
- □ Hair ties/headband or clips (for long hair)
- □ Your comfort essentials:
 - Music
 - Massage oil (for your partner to use on you)
 - Hot water bottle
 - Favourite pillow and blanket

□ 2 x Comfortable large nighties or pyjamas

PARTNER'S LIST

Deodorant

□ Toothbrush and paste

□ Travel pillow or small pillow

 \Box Snacks

□ Spare clothes, including underwear & socks

🗆 Pyjamas

□ Charger and phone

Headphones



M8B

MUM'S EXTRAS

- 🗆 Facewash
- □ Lip balm, moisturiser and makeup
- 🗆 Deodorant
- □ Shampoo & Conditioner
- Robe for when visitors turn up
- 🗆 Underwear x 5
- □ Reusable Breast pads
- Nipple cream (make sure it is baby safe)
- \Box Socks with grip x 2
- □ Maternity bras x 2-3 (must be washed daily)

BABY'S EXTRAS

- □ Burp Cloths x 3-5
- □ Nappy Cream (of your preference)
- □ Receiving blanket
- □ Baby bath wash (of your preference)
- □ Baby lotion
- □ Nappies (your choice)

