



M&B.

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)

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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
- Snacks
- Spare clothes, including underwear & socks
- Pyjamas
- Charger and phone
- Headphones



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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)
- 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)