

CHECKLIST

Must Haves for Labour

- Birth Plan
- Medicare Card
- Health Insurance Info
- Hospital Papers
- Old Nightie/T-Shirt
- Dressing Gown
- Slippers & Socks
- Glasses/Contact Lenses
- Hair Bands/Ties
- Snacks & Drinks for Energy
- Phone/Camera & Charger
- Items to Pass the Time:
 - *Book/Light reading*
 - *iPad with your favourite TV Shows*
 - *Music Playlist*
- Comfort Items:
 - *Pillows*
 - *Massage Oil*
 - *Heat Pack*

Must Haves for Baby

- Fully Installed Car Seat
- Bath Thermometer
- Newborn Nappies
- Baby Wipes/Cotton Balls
- 5 Changes of Clothes
- 'Going Home' Outfit
- Sleepsuits/Onesies
- Beanies, Mittens & Socks
- Lots of Muslin Cloths
- Baby Blankets
- Baby Towels
- Dummy/Pacifier
- Formula & Bottles (optional)
- Baby Toiletries:
 - *Baby Bath*
 - *Baby Shampoo*
 - *Baby Lotion*

CHECKLIST

Must Haves for After Birth

- Nursing Bras
- Thongs for the Shower
- Comfy Singlets/Jumpers
- Dressing Gowns
- Recovery Pants
- Warm Socks/Slippers
- Big Comfy Undies (lots!)
- Breast Pads
- Nipple Cream
- Maternity Pads
- Maternity Leggings/
Loose Pants
- Toiletries (travel sizes are great)
 - *Shampoo/Conditioner*
 - *Make Up/Moisturiser*
 - *Toothbrush/Toothpaste*
 - *Hairbrush*
 - *Deodorant*

After Birth Continued...

- Laptop/Entertainment
- Drink Bottle
- Laundry Bag
- Snacks & Drinks
- Cash/Credit Cards
- Breastfeeding Pillow (optional)
- Your Phone/Notepad
 - *For tracking feeds, jotting down questions for your OB, midwife or paediatrician etc.*

