



# *The* Ultimate Hospital Bag Checklist

*by Joey Mama*

## *Mum's Bag*

- Comfortable black underwear
- Maternity disposable underwear
- Maternity pads
- Nursing bra's and breast pads
- Comfortable loose clothing
- Nursing friendly pyjamas
- Slippers or slip on shoes
- Snacks
- Lactation Cookies
- Large drink bottle
- Robe or dressing gown
- Coming home outfit
- Phone charger
- A pen (for paperwork)

## *Baby's Bag*

- Singlets
- Onesies
- Swaddles, sleeping bag & muslins
- Burp cloths
- Going home outfit
- Nappies, wipes & nappy bags (if your hospital isn't providing them)
- Beanie
- Warm blanket
- Birth announcement outfit
- Birth announcement plaque
- Dummies (if using)
- Bottles & formula (if using)

## *Birth Bag*

- Birth preferences
- Birth affirmation and visuals
- Electric tea light candles
- Playlist on birth partners phone
- Essential oil spray OR diffuser oil
- Heat pack
- A post birth outfit (underwear, pads, nursing bra, top and comfy pants)
- Baby's first outfit + swaddle
- Drink bottle Snacks
- TENS Machine

## *Toiletries*

- Nipple Balm
- Toothbrush & toothpaste
- Body wash
- Hair brush and hair ties
- Lip balm
- Shampoo & conditioner OR Dry shampoo
- Skincare
- Feminine wipes
- Peri Bottle



# *The* Ultimate Hospital Bag Checklist

by Joey Mama

## *Partner's Bag*

- Board shorts/swimwear
- A change of clothes
- Toothbrush
- Drink bottle
- Snacks
- Phone charger
- Labour playlist on phone

## *Optional Extra's*

- Breast & Perineum Ice packs
- Your pillow
- Ural
- A diary (to document your labour and birth)
- Baby Wrap Carrier
- A plastic bag for dirty clothes
- Your favourite coffee mug
- Breast Milk Catcher
- Colostrum you have collected
- Hair dryer & straightener
- Make-up & make-up remover wipes

## *Extra handy hints*

- Don't forget to install your car seat
- Pack your bags as much as you can, then write a list with the final additions so your birth partner can quickly add them in
- Ensure your car is easily accessible and not blocked in
- If you have older children make sure you have a plan in place for overnight births
- Prepare some freezer meals in the weeks before birth to make life easier
- You're about to meet your baby, focus on that above all else.