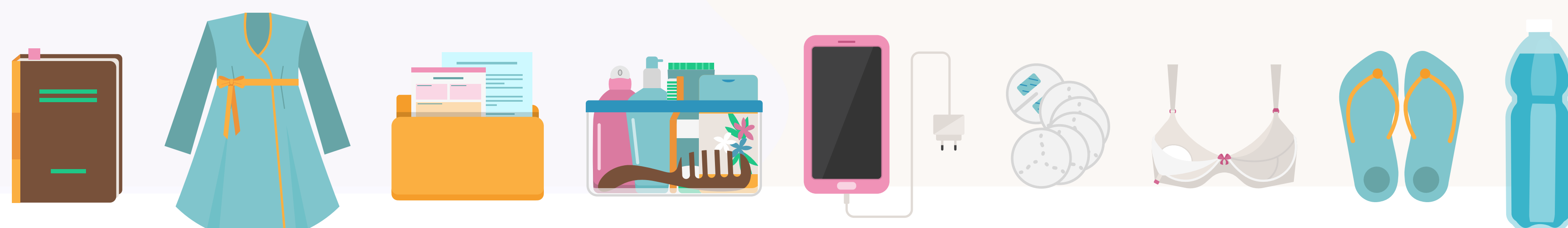


What to Pack in Your Hospital Bag: Parents' Checklist

The nursery is decorated, you're stocked up on nappies, and your baby shower gifts off the list are all covered. Now you're just waiting for the little one to appear. Aster & Oak has put together this comprehensive checklist to help you pack your hospital bag for when baby decides to make their debut.

Hospital Bag Checklist Essentials for the Expecting

- | | |
|--|---|
| <input type="checkbox"/> Your Birth Plan (If You Have One) | <input type="checkbox"/> Headphones |
| <input type="checkbox"/> Hospital Paperwork You May Need | <input type="checkbox"/> Water Bottle |
| <input type="checkbox"/> Medicare & Private Health Insurance Details | <input type="checkbox"/> Snacks & Drinks |
| <input type="checkbox"/> Photo ID & Wallet | <input type="checkbox"/> Books & Magazines |
| <input type="checkbox"/> Prescription Medications | <input type="checkbox"/> Plastic Bags for Dirty or Soiled Items |
| <input type="checkbox"/> Glasses and/or Contact Lenses | <input type="checkbox"/> Your Own Pillow
<i>(We Take Ours Everywhere!)</i> |
| <input type="checkbox"/> Mobile Phone & Chargers | |



Clothing & Toiletries

- Pyjamas & Dressing Gown
- Hair Ties & Hairbrush
- Maternity Pads
- Comfortable Soft Underwear
- Socks & Slippers
- Comfortable Clothes & Footwear
- Going-Home Outfit
- Nursing Pads & Bras
- Peri Bottle
- Toothbrush & Toothpaste
- Soap, Deodorant & Bodywash
- Shampoo & Conditioner

For Baby

- Newborn Nappies
- Baby Wipes & Sudocrem
- Newborn Rompers with 2 way zips
(some 0000 and some 000)
- Singlets & Socks
- Knot Hat Or Beanie
- Mittens
- Baby Bottles
- Dummies
- Breast Pump
- Baby Blankets
- Swaddles & Wraps
- Coming Home Outfit
- Car Seat



Helpful Tip!

Make sure to get baby's car seat professionally fitted at least 3 weeks before your due date.

Alleviate some stress before baby's arrival. If you have everything on this list, you're all set for the trip to and from the hospital!