

Hospital Bag *Essentials*

CHECKLIST:

Bag #1: For mum

- Button down pyjamas
- Dressing gown/robe
- Socks and/or Slippers
- Warm cardigan/sweatshirt
- Loungewear
- Thongs
- Maternity/nursing bras
- Breast/nursing pads
- Maternity underwear
- Maternity pads
- Makeup essentials
- Toiletries
- Lip balm
- Nipple balm
- Perineal spray
- Ice packs (aka padsicles)
- Recovery wipes
- Water bottle with straw
- Eye mask
- Laundry bag / wet bag
- A fluffy dark towel
- Practical things
(phone, charger, headphones,
wallet, medicare card)
- Going home outfit

Bag #2: For baby

- Newborn nappies
- Wipes
- Onesies/rompers
- Singlets
- Beanie / bonnet
- Socks/booties
- Swaddle wraps
- Blanket
- Baby book / medical record
- Laundry bag / wet bag
- Going home outfit

Bag #3:

For birthing partner + labour

- Birth plan
- Birth aids (affirmation cards,
essential oils, TENS machine etc)
- Snacks
- Drinks
- Swimmers
- Change of clothes
- Toiletries
- Practical things
(phone, headphones, charger,
wallet, house keys(!), camera)