



Hospital bag Checklist

For mum

- PJs (button down)
- Dressing gown
- Nursing tank tops
- Maternity/nursing bras
- Disposable maternity underwear
- Black underwear
- Loose fitting clothing
- Recovery shorts/leggings (SRC)
- Comfy going home outfit
- Cardigan
- Slip on shoes
- Slippers
- Thongs for the shower
- Socks
- Perenium & breast ice packs
- Phone charger (with long cable)
- Disposable/reusable breast pads

For baba

- 3/4 NB onesies (zipped are easiest)
- 3/4 NB bodysuits
- 1 prem onside (in case bub is small)
- Going home outfit
- Beanie
- Booties
- Announcement plaque
- 1 pack nappies (if needed)
- 1 pack wipes (if needed)
- 2 Swaddles/wraps
- Keepsake/warm blanket
- Dummies (sterilised)
- Gift from baby to sibling
- Car seat installed

Birth bag

- Birth plan
- Electrolyte drink (labour aid)
- Snacks
- Wheatbag
- Hair tie/scrunchie
- Water bottle (with straw)
- Birthing dress/nightie
- Swimmers (if water birth)
- Birth comb
- Tens machine (if using)

Toiletries

- Lip ice
- Face wipes
- Body wash/soap (travel size)
- Shampoo & conditioner (travel size)
- Hand sanitiser
- Toothbrush and toothpaste
- Hairbrush & ties
- Maternity pads with wings
- Basic makeup/face cream
- Nursing balm
- Dry shampoo
- Deodorant (neutral smelling)
- Peri bottle
- Healing peri spray/foam



Hospital bag Checklist

Comfort items

- Your own pillow/blanket
- Earphones
- Essential oils/diffuser eg: clary sage

Admin

- Health insurance card
- Medicare card
- ID & Wallet (with cash)
- Notebook and pen
- Plastic sleeve/folder for forms
- Thank you cards for hospital staff

Not essential but nice to have

- Milk collector
- Silverettes
- Colostrum (if collected)
- Breast pump or Haakaa
- Formula (if needed)
- Bluetooth speaker
- Nightlight
- White noise machine
- Lactation biscuits
- Birth affirmation cards

For your partner

- Change of clothes
- Something warm
- Energy drink
- Snacks
- Reusable water bottle
- A pillow
- Download contraction timer app
- Swimmers (if water birth)

Packing tips

- Pack darker coloured items
- Have a separate bag for birth
- Use dividers or organisers to separate items
- Don't overpack, space can be limited
- Try a portable caddy for organisation
- Check with the hospital what you will need
- Organise meals/set up a meal train for when you get home

Anything else?

Visit tulababa.com to tick off your list