

HOSPITAL Packing List

FOR MUMMA

- 2-3 Nursing Bras
- 2-3 Comfortable PJs or Loungewear
- Slippers
- Comfortable Going Home Outfit
- Thongs/Flip Flops (for the shower)

TOILETRIES

- Simple Skincare
- Toothbrush and Toothpaste
- Deodorant
- Hairbrush or Comb
- Hairdryer
- Hairties or Scrunchies
- Shampoo and Conditioner
- Dry shampoo
- Body Wash
- Lip Balm (lips get dry with the aircon)
- Make Up

FOR POSTPARTUM CARE

- Nursing Pads
- Maternity Pads or Period Underwear
- Nipple Cream
- Wipes
- Favourite Pillow

USEFUL EXTRAS

- Your Favourite Snacks
- Water Bottle
- Long Phone Charger
- Bag for Dirty Washing
- Folder for Documents
- Gift for Midwives

FOR BABY

- 2-3 Swaddles or Wraps
- Onesies/Sleepers
- Going Home Outfit
- Beanies, Socks and Mittens (stops your bubba scratching themselves)
- Dummy/Pacifier (if you choose to use one)
- Blankets
- Burp Cloths

FOR YOUR PARTNER

OR SUPPORT PERSON

- Pillow and Blanket
- Change of Clothes
- Body wash
- Deodorant
- Brush/comb
- Long phone charger

DON'T FORGET

to put the car seat in, ready to take your beautiful bubba home!