

# expecting a baby?

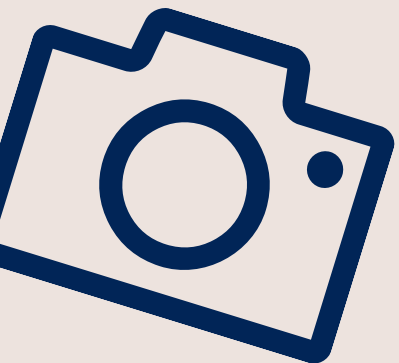
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ANNA'S HOSPITAL BAG  
ESSENTIALS



# My Labour Bag

- 0 Hospital Bag Essentials List ✓
- 1 Birth Plan
- 2 Soft Nighty, Cardigan & Hair Ties
- 3 Drink Bottle & Snacks
- 4 Music/Diffuser/Oils
- 5 Camera



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# Mum's Bag

1 Disposable/Washable Period Underwear

2 Dressing Gown

3 Comfy pjs that Open Easily at the Front

4 Crop Top Cross Over Maternity Bras

5 Over the Belly Leggings

6 Soft fabric front opening tops

7 Cardigan

8 Snacks

9 Shoes/Slippers to Walk Around in Hospital

10 Nipple Compresses, Lanolin,  
Breast Pads & Breast Specific Ice/Heat Packs

11 Vulva Ice Packs

12 Leaving Clothes



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# The Baby's Bag

1 Growsuits

2 Woollen Singlets/Bodysuits

3 Essential Extra Fine Merino Wool Cardigan  
Classic Cable Knit Merino Wool Jumper/Cardigan

4 T|W|B Classic Cable Knit Merino Wool Beanie

5 Newborn Nappies

6 Fragrance Free Water Wipes

7 Dummies

8 Woollen T|W|B Essential Fine Knit Swaddles

9 Woollen T|W|B Blanket

10 Vomit Cloths

11 Zinc Cream

12 Nappy Bag

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