

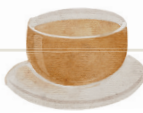





# Hospital checklist...

## FOR MUM

- Birth plan + maternity notes
- Dressing gown
- Slippers 
- Pants + socks
- Nighties
- Massage oil or balm
- Lip balm
- Face cloth
- Water bottle
- Straws
- Books + magazines
- Handheld fan
- Hairbands or hair ties
- Hairbrush
- Headphones
- Camera
- Phone + charger
- Going home outfit
- Nursing bra
- Breast pads
- Maternity pads
- Toiletries
- Towels 
- Swimwear
- Eye mask + ear plugs
- Breast pump
- Tea bags 

## FOR BABY

- After birth outfit
- Sleepsuits
- Vests
- Lightweight swaddle blanket
- Nappies or reusable nappies
- Burp cloths or muslins
- Hats, mittens + socks
- Cotton wool
- Going home outfit 
- Jacket or snowsuit
- Car seat
- Swaddle or baby wrap
- Cuddly toy 
- Pacifier
- Nappy cream
- Feeding bottles 
- Changing mat

## FOR PARTNER

- Camera
- Change of clothes
- Toiletries
- Snacks + refreshments
- Pillow
- Blanket
- Entertainment
- Money for vending machine 