

Bublet Co

Hospital Bag

BIRTHING CHECKLIST

Labour

- Appropriate Comfy Clothes
- Docs or Cards -Medicare
- Health Insurance info
- Hospital papers
- Birth Plan
- Dressing gown & Slippers
- Snacks
- Preferred drinks if any
- Mobile phone inc. camera
- Hair ties
- Fav Pillow
- Massage oil/cream
- Heat pack if allowed
- Books, music/tablet if bored
- Charger!

For Baby

- Nappies
- Baby Wipes/cotton balls
- Preferred dummy
- Special Blanket
- Onesies
- Mittens & Beanies
- Sleep Sacks
- Muslin Wraps

Post Birth

- Diary/notebook & pen
- Large Comfy undies
- Pads
- Thongs for shower
- Loose & warm clothing
- Toothbrush and toothpaste
- Makeup
- Hairbrush
- Deodorant
- Face Wash & Moisturiser
- Preferred Shampoo/Cond.
- Wallet
- Properly Installed Car Seat
- Going home outfit

Feeding

- Maternity Bras
- Nipple Cream
- Nipple pads
- Nipple shields (if need)
- Preferred formula
- Baby bottles
- Preferred breast pump if needed