

# HOSPITAL BAG CHECKLIST

*By Midwife Mel*

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## Mum's Checklist

- Birth Map/Preferences
- Comfortable clothes to labour in & wear postbirth
  - T-shirt dress or loose top x2
  - Button up top for breastfeeding x2
  - PJ/lounge shorts or pants
  - Dressing Gown (Can also use as a blanket)
- Big old or black undies x5
- Pull-up pads/maternity pads x 5
- Toiletries + hair dryer
- Hair tie + Lip Balm
- Nursing Bra x3
- Nursing Pads
- Hydro Discs or Silver nursing cups (always seek help with latch if you are using these)
- Slipper/Thongs
- Pillow (optional, can be great to create that homely feel)
- Phone charger (with long cord)
- Peri bottle and soft toilet paper
- Ten's Machine + Comb for labour
- Earplugs or headphones
- Eye Mask
- Essential oils for diffuser
- Heat pack
- Snacks, Water bottle and hydralyte

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## Baby's Checklist

- Singlets x3
- Long sleeve jumpsuits x3 (it's cold in hospitals)
- Nappies x 1 pack
- Wipes x 1 pack
- Baby Body wash
- Swaddle x 2
- knit blanket x1
- Outfit to go home in
  - Singlet
  - Jumpsuit
  - Swaddle
  - Beanie

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## What to have organised prior to baby's arrival

- Car Seat
- Pram
- Bassinet
- Pets
- Discussed visitors - what they can help with and when they are welcome to come over
- Discussed Both roles post birth
- Gone over birth preferences with support people