

The Essential Hospital Checklist

For Mum

- Comfy loose nighty / tshirt
- Pj's & dressing gown
- Slippers & socks
- Loose fitting tops
- Leggings & trackies
- Maternity bra
- Comfy undies
- Hair ties
- Lip balm
- Maternity pads/nursing pads
- Bag for laundry

Toiletries

- Hair brush & hair ties
- Deodorant
- Dry shampoo
- Toothbrush & toothpaste
- Lip balm
- Make up

For support person

- Car seat installed
- Charger
- iPad
- Panadol in case of a headache 😊
- Tim Tams

All the extras

- Drink bottle
- Lollies & snacks
- Earphones - it can be noisy in the Hospital, and you might want to listen to some tunes
- Note book and pen
- Phone and extra long charger cord
- iPad
- Chocolates for the midwives

Paperwork

- ID & wallet
- Health insurance cards
- Hospital papers
- Birth plan if you have one

For Baby

- Newborn nappies – disposable nappy bags
- Natural baby wipes
- Blanket
- Onesies
- Singlets
- Bibs
- Booties/ socks
- Hat
- Swaddle wraps
- Dummy - just in case
- Going home outfit
- Baby Made Inkless Print kit, you can take the prints in the hospital when they are one day old

