

MATERNITY HOSPITAL BAG CHECKLIST



Important Things

Medication

ID / Insurance / Medicare

Phone & Charger

Purse / Money

Suitcase / Overnight bag

Plastic bag

Snacks

Water bottle

Comfort Items

Maternity pads

Heat pack / Hot water bottle

Underwear ice blocks

Books / Magazines

Glasses / Contacts

Toiletries

Toothbrush

Toothpaste

Lipbalm

Hair brush

Hair elastics / Clips

Facial cleanser

Facial moisturiser

Body wash or soap

Deodorant

Hand / Body cream

Small bag makeup - optional

Shampoo / Conditioner - optional

Hair dryer / Straightener - optional



MATERNITY HOSPITAL BAG CHECKLIST

Clothing for Mum

2 x comfy PJs

6 x pairs large cotton underwear

Robe / dressing gown

Slippers or thongs

2 x maternity bras or singlets

Comfy thick socks

Comfy pants & loose tshirt

Other

Breast pump - optional

Document wallet for paperwork - optional

Baby Stuff

Baby car seat installed (a month before baby is due)

2 x pairs socks

2 x baby hats

2 x baby mittens

4 x newborn bodysuits

4 x rompers

1 x nice photo outfit

2 x swaddles

1 x blanket

12 x newborn nappies

Baby body wash - optional

Dummy - optional

Sanitised bottles if bottle feeding - optional

Announcement plaque / Sign - optional

+ Add your own items!