



HOSPITAL CHECKLIST



FOR MUM

- Shampoo
- Condition
- Shower Gel
- Deodorant
- Water Spray
- Lip Balm
- Moisturiser
- Hand cream
- Hair Bobble
- Hair Clips
- Hair Brush
- Tooth Brush
- Toothpaste
- Notebook
- Pen
- Flipflops or Slippers
- Towel - Black
- Dressing Gown
- Maternity Shirt
- PJs/Nightgown
- Magazine/Book
- Black knickers
- Maternity Pads
- Nipple Cream
- Breast Pads
- Nursing Bra
- Phone Charger
- Optional
- Tens Machine
- Birthing Ball



FOR BABY

- 5 Baby Vests
- 5 Baby Sleepsuits
- 5 Bibs
- 1 Hat
- 1 Set of Mitts
- 1 Cotton Cellular Blanket
- 1 pack of Nappies
- Cotton Wool Balls
- Wipes
- 1 Cardigan
- Going home outfit

