

BUNDLE'S COMPREHENSIVE HOSPITAL AND BABY CHECKLIST

At Bundle we recognise that all mums and dads will be inundated with good, bad and indifferent advice from family and friends whilst they await the arrival of their little bundle. Rest assured, even perfect strangers will chime in on occasion. This information - on top of all the lists you are given by healthcare professionals, printed in magazines and on the internet - can be quite overwhelming.

Our **Comprehensive Hospital and Baby Checklist** makes things easier for you by separating the 'Must Haves' from the 'Nice to Haves' and covers preparing for the arrival of your little bundle, preparing your hospital bag and your first weeks at home.

This Comprehensive Hospital & Baby Checklist is based on our personal experience and advice from other mothers. Use the check boxes next to each item to keep track of your preparations.

Preparing for the arrival of your little Bundle

YOUR BABY'S NURSERY

It may seem like you have all the time in the world to prepare for the arrival of your new baby, but it's important to start planning and organising early in your second trimester. We recommend that you place orders for big items such as nursery furniture and prams at least 12 weeks before your baby is due to ensure they are ready in time. And, plan to purchase your car seat and have it professionally fitted a month or two prior to your baby's arrival... and practice!

Must haves	Nice to haves
<input type="checkbox"/> Cot <input type="checkbox"/> Firm mattress <input type="checkbox"/> Mattress protector <input type="checkbox"/> Cot sheets (at least 2 sets) <input type="checkbox"/> Blankets (at least 2 for the current season) <input type="checkbox"/> Change table <input type="checkbox"/> Change mat <input type="checkbox"/> Chest of drawers <input type="checkbox"/> Baby monitor <input type="checkbox"/> Lamp, night-light or dimmer switch <input type="checkbox"/> Comfy chair for feeding	<input type="checkbox"/> Bassinet or cradle <input type="checkbox"/> Sheets for your bassinette x 2 <input type="checkbox"/> Clock <input type="checkbox"/> Cot mobile <input type="checkbox"/> Nursery toys <input type="checkbox"/> Wall art, letters, numbers, growth charts etc



NB: It is recommended that Quilts, Pillows and Bumpers should not be used in a cot with your baby until your child is as least 12 months old. Please refer to the Safe Sleeping Guidelines put out by SIDS & Kids.

IN THE CAR

You will need to have one of the following types of restraints correctly fitted in your car to bring your little bundle safely home from hospital.

Must haves	Nice to haves
<input type="checkbox"/> Baby capsule OR convertible car seat (suitable from birth to approx. 18kg)	<input type="checkbox"/> Car seat liner <input type="checkbox"/> Window shade <input type="checkbox"/> Rear view mirror <input type="checkbox"/> Toys

PRAM AND CARRIER

Buying a pram is much like buying a car! It is a major decision that shouldn't be rushed, and the more expensive option doesn't always deliver. You need to consider the lifestyle you lead. Do you need to be able to go jogging with the pram? Does your car have enough storage for the option you have chosen? Make sure you also consider the applicable safety standards for your region.

Must haves	Nice to haves
<input type="checkbox"/> Pram <input type="checkbox"/> Storm/Rain cover <input type="checkbox"/> Sunshade <input type="checkbox"/> Nappy bag <input type="checkbox"/> Portable change mat	<input type="checkbox"/> Carry cot/pram bassinette <input type="checkbox"/> Pram snug, foot muff or boot cover <input type="checkbox"/> Baby carrier or sling

Organising your maternity hospital bag

You should have everything you need for labour and your stay in hospital packed and ready by 36 weeks. Often left to last, this can be one of the more daunting tasks prior to the birth. There are so many little bits and pieces to get and often conflicting lists of what you will need. It's a clever idea to check with your hospital or health care provider about the specific requirements and length of stay that will apply to you, this way you can pack appropriately. At Bundle we have you covered for this part of your preparation with our carefully thought out Mum & Baby Bundles. This way you will be able to put your feet up and relax knowing your maternity hospital bag is packed!



For Mum - Must haves	For Mum - Nice to haves
<ul style="list-style-type: none"> <input type="checkbox"/> Maternity pads x 2 packets <input type="checkbox"/> Nursing/Breast pads x 1 box <input type="checkbox"/> Hydrogel breast discs to sooth & heal sore nipples x 1 box <input type="checkbox"/> Nipple balm <input type="checkbox"/> Facial spray or mist <input type="checkbox"/> Lip balm <input type="checkbox"/> Hot/Cold pack <input type="checkbox"/> Glucose jelly beans or lollies for energy <input type="checkbox"/> Toiletries <input type="checkbox"/> Laundry bag for dirty clothes <input type="checkbox"/> Clothing for Mum 	<ul style="list-style-type: none"> <input type="checkbox"/> Birth plan (if you plan to use one) <input type="checkbox"/> TENS machine for pain management <input type="checkbox"/> A good book or magazines <input type="checkbox"/> Drink bottle <input type="checkbox"/> Energy drinks (dilute in water as too high in sugar) or Gastrolyte <input type="checkbox"/> iPod & charger / CD's / iPad to help pass the time <input type="checkbox"/> Phone & charge + phone credit if required

For Baby (for a 2-day hospital stay)
<ul style="list-style-type: none"> <input type="checkbox"/> Singlets x 2 <input type="checkbox"/> Swaddling wraps x 1 or 2 <input type="checkbox"/> Coveralls, grosuits or onesies x 4 in several sizes <input type="checkbox"/> Socks/booties and scratch mittens x 2 pairs of each (unless your coveralls have covered feet as Bundle's do) <input type="checkbox"/> Hats x 1 or 2 <input type="checkbox"/> Burp cloths x 1 or 2 <input type="checkbox"/> Nappy cream <input type="checkbox"/> Bath and/or massage oil <input type="checkbox"/> Baby wipes <input type="checkbox"/> Disposable nappy bags <input type="checkbox"/> Changing mats <input type="checkbox"/> Soother/pacifier (if you plan to try using one) <input type="checkbox"/> Laundry bag for dirty clothes <input type="checkbox"/> Nappies if your hospital requires you to supply them <input type="checkbox"/> Clothes & blankets for going home



For Dad
<input type="checkbox"/> Music and/or reading material <input type="checkbox"/> Camera & spare batteries or charger <input type="checkbox"/> Phone numbers of family and friends <input type="checkbox"/> Change for parking <input type="checkbox"/> Change of clothes & toiletries <input type="checkbox"/> Snacks

The first few weeks at home

Bringing your baby home for the first time is both exciting and often quite daunting. Try to have things ready beforehand so that you can focus on getting to know your little one and spend some time together as a family.

BATHTIME

Must haves	Nice to haves
<input type="checkbox"/> Baby bath <input type="checkbox"/> Face cloths x 6 <input type="checkbox"/> Bath oil (not soap) <input type="checkbox"/> Cotton balls <input type="checkbox"/> Brush or comb	<input type="checkbox"/> Hooded bath towels x 2 <input type="checkbox"/> Bath stand <input type="checkbox"/> Bath thermometer <input type="checkbox"/> Bath support <input type="checkbox"/> Bath toys

HEALTH

Must haves	Nice to haves
<input type="checkbox"/> Digital thermometer <input type="checkbox"/> Pacifiers (0-3 months) <input type="checkbox"/> Infant nail clippers <input type="checkbox"/> Basic nursery medical kit <input type="checkbox"/> Phone numbers of emergency, medical or support services including poisons hotline	<input type="checkbox"/> Air purifier or humidifier



FEEDING

Whether you choose to breast or bottle-feed your baby, there are some essentials that you will need.

Must haves	Nice to haves
<ul style="list-style-type: none"><input type="checkbox"/> Nursing pillow<input type="checkbox"/> Burp cloths<input type="checkbox"/> Dribble bibs<input type="checkbox"/> Bottles x 4-6<input type="checkbox"/> Spare teats<input type="checkbox"/> Steriliser<input type="checkbox"/> Bottle brush<input type="checkbox"/> Breast milk storage cups, bags or ice cube trays<input type="checkbox"/> Breast pads (washable or disposable)<input type="checkbox"/> Hydrogel breast discs and/or gel pack to soothe sore breasts	<ul style="list-style-type: none"><input type="checkbox"/> Bottle warmer

