"No matter where you wander, everything's in place"™

Hospital Bag Pack List

Mama Essentials

- ☐ Birthplan & hospital notes
- ☐ Phone & charger
- ☐ Purse
- ☐ Camera

Toiletries (travel sized);

- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Moisturiser
- ☐ Face wash
- ☐ Shampoo & Conditioner
- ☐ Face wipes
- ☐ Lipbalm
- ☐ Deodorant
- ☐ Hairbrush
- ☐ Hairbands

- ☐ Socks
- ☐ Slippers
- ☐ Nightgown
- ☐ Nursing bra
- ☐ Nursing pads
- ☐ Pack of disposable pants
- ☐ Sanitary pads
- ☐ Going home outfit (comfortable maternity clothes)
- ☐ Snacks

Nice To Have's

- ☐ TENS machine
- ☐ Dressing gown
- ☐ Make-up
- ☐ V shaped nursing pillow
- ☐ Music
- ☐ Books/Magazines/iPad
- ☐ Towel
- ☐ Earplugs

Baby Essentials

- ☐ Nappies
- ☐ Nappy cream
- ☐ Wipes
- ☐ Scratch mittens
- ☐ Cotton hat
- ☐ Cotton socks
- ☐ Bib
- ☐ Muslin cloths
- ☐ Baby grows
- ☐ Going home outfit *(baby grow and warm jumper/jacket)*
- ☐ Car Seat

Additional Items

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