



# My Hospital Bag CHECKLIST



## Birth Essentials

- Comfortable dress/gown/robe
- Hair ties / Hair band
- Underwire free nursing bra
- Beanie for after delivery (2 sizes)
- Merino underclothing
- Onesie with easy nappy access
- Booties / socks



## Support Essentials

- Massage oil
- Facewipes / cloths
- Snacks / Trail Mix
- Music playlist / earphones
- Camera / phone / charger
- Water bottle / Ural
- Lipbalm



## Items for Mama

- Loose fit / maternity underwear
- Breastfeeding tops/ dresses
- Breastfeeding bras / singlets
- high waist pants / shorts / skirts
- Breastfeeding friendly sleepwear
- Nipple balm / hydrogel pads
- Toiletries /makeup / dry shampoo
- Body wash / hair wash /razor
- Breastfeeding / 'cough' pillow
- Cozy socks / Slippers
- Maternity Pads
- Breast pump at the ready
- Silicone pump
- Bag for dirty laundry



# My Hospital Bag CHECKLIST

## Baby Bag

- Beanies (various sizes)
- Bodysuits and Leggings (sizes)
- Merinos / woolies
- Onesies with easy nappy access
- Booties / socks
- Bottom balm
- Teddy / Snuggly
- Stretch Carrier / Wrap
- Carseat / Capsule

- Burp cloths
- Muslin or stretch swaddle wraps
- Zip up or velcro swaddle
- Fun milestone cards (optional)
- 'Going home' outfit
- Scratch mittens
- Baby nail clippers
- Natural oil for dry skin or massage
- Waterwipes

## Notes / Extras

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