

DOCUMENTS & ADMIN

- ID + Medical Aid Card
- Notebook + Black Pen
- Birth Plan

CLOTHES FOR MAMA

- Slippers
- Flip Flops
- Robe
- Button-down Sleep Shirts
- Button-down Pyjamas
- Feeding Bras
- Cozy, Non-slip Socks
- Panties (Cotton, Full Bottom or Disposables)
- Overlay Feeding Top + Joggers

FOR BABY

- Swaddle Blankets
- Beanies
- Socks + Mittens
- Outfits (Vests + Babygrows) x4
- Nappies + Wipes
- Nail Clippers
- Pacifier (dummy)

GOING HOME

- Car Seat
- Thick Blanket
- Going Home Outfit for Mom
- Going Home Outfit for Baby

COMFORTS FROM HOME (optional)

- Ear Plugs
- Pillow + Feeding Pillow
- Dim Night Lights with Batteries

TOILETRIES

- Maternity Pads with Wings
- Breast Pads
- Toothpaste + Toothbrush
- Wipes
- Nipple Balm
- Face Cloths x2 (Dark Colour)
- Shower Gel - PH Balanced or Fragrance Free
- Shampoo/Conditioner/Dry Shampoo
- Hair Brush + Hair Ties
- Lip Balm
- Moisturiser for the Body + Face
- Laundry Bag
- Deodorant

FOR YOUR PARTNER

- Change of Clothes
- Pillow
- Phone + Charger
- Snacks
- List of Family Phone Numbers
- Toothbrush

FOOD & DRINKS

- Water Bottle
- Snacks
- Energy Sweets

FOR PICTURES

- Birth Announcement Outfit + Tripod

ELECTRONICS

- Phone + Charger
- Camera + Charger
- Speaker / Headphones
- Extension Coard + 2-Pin Plug

NOTES / EXTRAS