



Hospital Bag Checklist

Mum

Before/During Birth:

- Maternity notes
- Lip balm
- Loose-fitting clothing of your choice
- Snacks for you and your partner
- Drink bottle
- Face cloths
- Books/magazines
- Hair ties
- Dressing gown
- Comfy socks and slippers
- Music if desired – i.e phone with playlist and speaker
- TENS machine if using one
- Mobile phone & charger
- Camera
- Wallet

After Birth:

- Toiletries – toothbrush, toothpaste, deodorant, shampoo and conditioner, hairbrush, face cleanser, moisturiser, glasses/contacts, make-up for after if you wish
- Jandals
- Pack of inexpensive dark coloured undies
- Maternity pads
- Button up nightie/pj's
- A couple of nursing bras
- Nursing pads
- Spare change of comfy, loose fitting clothes to leave the hospital in

Baby

- Carseat/capsule
- 4-5 different changes of clothes
- Hat
- Booties
- Swaddle/wrap
- Blanket
- Nappies & baby wipes