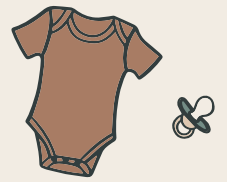


# Hospital Bag Checklist



## For You:

- ID, insurance card, birth plan (if you have one)
- Medications, vitamins
- Mobile, chargers (extra long cable), headphones
- 7x High waisted underwear (suitable for maternity pads)
- 3x Nursing bras or bralettes
- 2x Button down PJ's or shirts for breastfeeding
- 1x Matchy Matchy Robe
- 1x Warm cardigan
- Socks, slippers or slides
- Going home outfit (loose, comfortable, warm clothes)
- Maternity pads or adult diapers
- Breast pads, nipple shields + nipple cream
- Toothbrush + toothpaste
- Glasses and/or contact lenses
- Deodorant
- Face wash + creams, lip balm, makeup (if desired)
- Shampoo + Conditioner
- Hairbrush + hair ties, clips or headband
- Massage cream or oil
- Water bottle with straw (easier during labor)
- Eye mask + ear plugs
- Pillow
- Peri bottle
- Snacks
- Books or magazines
- Items to optimise your birth space (optional: ie. speaker, fairy lights, salt lamp etc.)
- Ice packs/heat packs (optional)

## For Baby:

- Car seat installed
- 6x Long Sleeve Layers in 0.2 TOG, size Newborn or 0-3 Months
- 2-3x Cocoon Swaddle Bags in 1.0 TOG, size Newborn or 0-3 Months
- Singlets
- Burp clothes
- Nappies + wipes (8-10 per day, if specific brand desired)
- Socks, mittens, beanie
- Dummies(optional)
- Formula + bottles (if specific brand desired – most hospitals will provide)
- Night light
- Milestone cards (optional)

## For Partner:

- Mobile
- Change of clothes + underwear
- Pyjamas
- Jumper or Jacket (for any last-minute errands)
- Flip-flops and board shorts (optional - to help in shower)
- Toothbrush + toothpaste, deodorant, glasses and/or contact lenses
- Snacks

## Packing Tips:

- Keep your length of stay in mind as you begin to pack
- Check with your healthcare provider on what will be supplied
- Leave valuables at home
- If you forget something – don't worry, someone can always bring it in for you

