

HOSPITAL BAG

checklist

For Yourself

- ☐ 2-3 comfortable outfits (pants/trackies, jumpers, t-shirts)
- ☐ 2 nightwear sets
- ☐ 2-3 maternity bras
- ☐ 4-5 pairs of maternity underwear (high waist)
- ☐ 2 Maternity pad packets, perineal ice packs
- ☐ Breast pads, nipple shields (optional), nipple balm
- ☐ Robe (weather dependant - light or thick)
- ☐ Slip on shoes, socks, thongs for shower
- ☐ 2 Nursing tops/singlets
- ☐ Going home outfit
- ☐ Toiletries - shampoo/conditioner, face wash, body wash, moisturiser, toothpaste/toothbrush, hairbrush, hair clips/ties, dry shampoo, makeup (optional) deodorant.
- ☐ Pillow/blanket (optional)
- ☐ Change of clothes for partner if staying + toiletries

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For Baby

- ☐ 3-4 newborn onesies
- ☐ 3-4 singlets
- ☐ socks, mittens, beanies
- ☐ 1-2 warm blankets
- ☐ 2-3 muslin swaddles
- ☐ Nappies & wipes (check with hospital)
- ☐ Announcement sign
- ☐ Car seat installed
- ☐ Going home outfit