

Mums Make Lists

HOSPITAL BAG CHECKLIST

MOM-TO-BE - LABOR

- Sleepwear / loungewear x 2 sets
- Robe
- Dark socks x 2 pairs
- Flip flops or pool shoes
- Earplugs
- Face wash
- Shower gel
- Moisturiser
- Toothbrush
- Toothpaste
- Deodorant
- Antibacterial hand gel and wipes
- Refillable water bottle with straw
- Hair clips/bands
- Lip balm
- Birthing ball (optional)
- Phone charger
- Non-perishable snacks

BABY

- Diapers
- Diaper cream
- Baby wipes
- Sleepsuits x 3
- Going home outfit
- Baby blanket
- Formula

MOM-TO-BE - POST-LABOR

- Maternity pads
- Postpartum panties
- Sleep nursing bra
- Nursing pads
- Nipple cream
- Your own pillow in a non-white pillowcase
- Peri bottle
- Peri spray

DAD/BIRTHING PARTNER

- Healthy non-perishable snacks
- Pillow and blanket
- Reading material/Kindle
- Toothbrush
- Toothpaste
- Face wash
- Phone charger
- Infant car seat

NOTES