

Hospital Bag Checklist

by @ami_rankin

FOR MUM

- Oversized night shirt
- Button down pyjamas
- Feeding bra
- Large, black underwear (x5)
- Crop to birth in
- Knit / dressing gown
- Tracksuit pants
- Socks
- Swimsuit
- Face washer
- Snacks - lollies, bliss balls etc
- Drink bottle
- Hospital & Midwife papers
- Outfit to wear home
-
-
-

MISCELLANEOUS

- Mobile phone/s & charger/s
- Expressed colostrum
- Headphones / earpods
- Bluetooth speaker & charger
- Battery operated candles
- Diffuser & essential oils
- Coins for vending machine & parking
- Birth preference sheet

FOR DAD

- Tracksuit pants / shorts
- T-Shirt
- Thongs
- Socks
- Underwear
- Toothbrush
- Wallet

TOILETRIES

- Shampoo
- Conditioner
- Hair Brush
- Body wash
- Toothpaste & toothpaste
- Face Cleanser
- Serum/s & moisturiser
- Face mask
- Pads / adult nappies
- Dry shampoo
- Deodorant
- Nipple cream

FOR BABY

- 2x Newborn outfits
- Going Home Outfit
- Swaddles / swaddle bag
- Warm blanket
- Car seat installed