



Hospital Bag Checklist

Checklist for Birth

- Birth plan – bring several copies
- Medicare card
- Health insurance information
- Nipple cream
- Breast pads
- Nipple icepacks
- Heavy-duty pads
- Speaker & headphones
- Phone, camera and charger to capture the experience

Checklist for Overnight

- Supportive nursing bra
- Black maternity leggings or loose-fitting pants
- Comfortable singlet or shirt
- Dressing gown
- Recovery pants
- Warm socks
- Big comfortable underwear
- Deodorant
- Shampoo & body wash
- Massage oil
- Lip balm
- Hairbrush & hair ties
- Face wash & wipes
- Dry shampoo
- Toilet paper
- Laptop & entertainment.
- Earplugs
- Pillow
- Towel
- Thongs or slippers
- Drink bottle
- Laundry bag
- Essential oils & diffuser
- Snacks & drinks
- Cash

Checklist for Bub

- Baby car seat
- Baby clothes
- Socks, booties & mittens
- Baby blanket



Checklist for Partner

- Comfortable shoes
- Swimwear
- Phone & charger
- Change of clothes
- Entertainment – books, laptop, puzzle etc birth can go for a long time!
- Their own snacks 😊

