

CHECKLIST

Hospital Bag

For Mum

- Birth Plan/birth preferences
- Toiletries, comfy clothes
- Bath robe, slippers
- Pillow or blanket if needed
- Pyjamas or comfy t-shirt
- Tooth paste & brush
- LED-candles, essential oils
- Nursing bra & shirt
- Loose t-shirt & swim top for birth if needed
- Breast & sanitary pads
- Nipple cream, body lotion, lip balm
- Comfy underwear
- Mobile phone/camera, chargers
- Medicine if needed
- Snacks
- Books, music, perhaps iPad

For Baby

- 3 x bodysuits/pyjamas
- 3 x onsies
- homegoing outfit, incl. winter suit if needed, hat & socks
- 5-8 x nappies
- rash cream
- blankets/swaddles
- mittens
- baby wipes
- baby formula/bottles if you are not breastfeeding
- muslin(s)

For Dad

- Birth Plan/birth preferences
- Watch, phone, camera, chargers
- Washbag, clothes
- Money
- Snacks & drinks for himself & mum
- Baby car seat

