

Hospital Bag

Check List

DUE DATE:

DESTINATION:

BABY



- ☐ SLEEPSUITSX3
- ☐ HATSX3
- ☐ VESTSX3
- ☐ MUSLINS
- ☐ BLANKETX2
- ☐ CARDIGAN/JUMPER
- ☐ GOING HOME OUTFIT
- ☐ NAPPIES SIZE 0&1
- ☐ WATER WIPES
- ☐ NAPPY BAGS
- ☐ CREAMS
- ☐ FORMULA MINIS

LABOUR



- ☐ TENS MACHINE
- ☐ MUSIC (BLUETOOTH SPEAKER)
- ☐ SNACKS/SWEETS
- ☐ OILS/DIFFUSER
- ☐ HAND COMB (FOR PRESSURE POINTS)
- ☐ COMFY NIGHTY/PARTNERS TSHIRT
- ☐ HANDHELD FAN
- ☐ MOOD LIGHTING
- ☐ CAMERA/POLAROID

OTHER



- ☐
- ☐

BASICS



- ☐ TOOTHBRUSH/PASTE
- ☐ HAIRBRUSH
- ☐ DEODORANT
- ☐ MAKEUP/MAKEUPWIPES
- ☐ HAND CREAM

POSTPARTUM



- ☐ MATERNITY PADS (COLD SNAP ONES ARE AMAZE)
- ☐ MATERNITY UNDERWEARX5 (DISPOSABLE ONES ARE GREAT)
- ☐ BATH TOWEL (DARK)
- ☐ COMFY CLOTHINGX2
- ☐ SPRITZ FOR BITS
- ☐ WITCH HAZEL PADS
- ☐ PERI BOTTLE
- ☐ NIPPLE CREAM/NIPPLE SHIELDS/BREAST PADS

COMFORT



- ☐ ELECTRONIC CHARGERS
- ☐ LIP BALM (FOR THE GAS AND AIR AFTER AFFECTS!)
- ☐ WATER BOTTLE WITH STRAW
- ☐ HANDHELD FAN
- ☐ SLIPPERS/FLIPFLOPS
- ☐ EYE MASK/BLANKET
- ☐ HAIR BAND/ALICE BAND
- ☐ PHONE/PAD

BIRTH PARTNER



- ☐ PAIN KILLERS
- ☐ COMFY CLOTHING
- ☐ TOILETRIES
- ☐ BOOK/PHONE/PAD
- ☐ CHANGE FOR VENDING MACHINES
- ☐ FLIP FLOPS/SLIPPERS

Important

- ☐ MEDICAL FOLDER
- ☐ TRANSPORT TO THE HOSPITAL
- ☐ HOSPITAL PHONE NUMBER:
- ☐ HOSPITAL BAG
- ☐ BABY CAR SEAT

