

HOSPITAL BAG CHECKLIST

MUMMY'S BAG

- 1x loose Nightie
- 1x Comfy Pajamas
- 6x Comfy undies
- 2x Feeding friendly bras
- 2x Adult nappy pants
- 4x Maternity Pads
- Nursing Pads
- 2x Comfy feeding friendly outfits
- Going home outfit
- Slippers
- Thongs (for shower)

BABY'S BAG

- Hospital bag organisers to make it easier
- Dummy (if using)
- 2x singlets
- 3x Onesies
- 2x beanies
- Birth announcement outfit
- Going home outfit
- Announcement Signs (if using)
- 2x Muslin Swaddles
- 1x Jersey Wrap
- 1x Blanket

TOILETRIES

- Face Wipes
- Minimal Makeup
- Deodorant
- Moisturizer Face/Body
- Toothbrush/Toothpaste
- Hairbrush
- Shower cap
- Hair ties/Bobby pins
- Earbuds
- Body Wash
- Nipple Cream
- Hydrogel Breast Discs

LABOUR BAG

- Ear phones/Bluetooth speaker
- Phone charger
- Camera + Charger
- Black comfy knickers
- Perineum cold/heat strip therapy
- Nappy pants/maternity pads
- Essential oil roller (Meditation)
- Bra/crop top to labour in
- Comfy outfit/nighty for after birth (in case you have catheter)
- Snacks – Bananas/muesli bars/lollies
- Wheat Pack
- Water Bottle
- First Outfit (Singlet/full length onesie/beanie/mittens)

PARTNER'S BAG

- Thongs (if labouring in shower)
- Spare T-shirt/Shorts
- Phone charger

*Just remember you are woman, you are strong,
you are fierce, you can do anything,
love Nicole xx*