

Hospital Bag checklist

Pack early, that's our motto. Many mums leave it to the last minute and arrive with a few things in a plastic bag. Below is a general list – add what you feel you may need.

For Mum...

- Lots and lots of undies (preferably black)
- Warm socks
- Maternity bras/tanks
- Comfy pants (preferably black)
- Warm tops
- Slippers
- Robe
- Shoes for the shower
- Nipple cream and shields
- Breast pads
- Maternity pads
- Toiletries
- Lip balm
- Phone and phone charger
- Cord Blood Collection Kit (if you are registered with Cell Care)

For baby...

- 5 gownsuits/onesies
- 5 singlets
- 3 large muslin wraps for swaddling
- Newborn cap
- Baby blanket
- Check if the hospital provides nappies and wipes
- A baby capsule fitted in the car (and you know how to use it)

General...

- Health insurance/Medicare cards
- Copy of birth plan
- Snacks
- Music playlist/speakers

For partner...

- Change of clothes
- Toiletries
- Pyjamas (if staying overnight)
- Phone and phone charger
- Camera and charger
- Video camera and charger

Other...

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