

OHbaby!

♥ hospital bag checklist



Must haves

- Cell phone and phone charger
- Snacks (muesli bars, barley sugars, crackers, chocolate)
- Drinks (electrolyte drinks, bottled water)
- Contact lens supplies/glasses
- Toothbrush and toothpaste
- Front-opening pyjamas for breastfeeding
- Dressing gown
- Cheap cotton underwear x 10 pairs
- Breastfeeding bras x 3
- Hairbrush/comb
- Hairties/clips/headband
- Shampoo and conditioner
- Body wash and sponge
- Face cloths
- Deodorant
- Face moisturiser and body lotion
- Disposable breast pads and nipple cream
- Clothing to wear home
- Any medications you are currently taking
- A copy of your birth plan

Little extras

- Sleeping mask and earplugs
- Soft facial tissues
- Massage oil
- Bikini (for the birthing pool)
- Favourite coffee or tea bags from home
- A mini bottle of 'bubbles' for toasting new parents

Nice to haves

- Pillow from home
- Lip balm
- Wheat bag
- Rescue Remedy
- Pen and paper/small notebook
- Soft toilet paper or disposable toilet wipes
- Book or magazines for any downtime
- Flip-flops for in the shower
- Slippers and warm socks
- Sanitary pads
- Makeup
- Cash

For baby

- Carseat
- Light blankets or muslin wraps x 2
- Disposable baby wipes
- Baby face cloths
- Newborn-sized dummy
- Size 0000 and 000 bodysuits x 2 each
- Size 0000 and 000 pyjamas if colder weather
- Socks x 2 pairs
- Booties
- Cotton hat
- Going-home outfit
- Your favourite baby oil (great for cleaning up baby's bottom after meconium nappies)

