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

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

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

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)