

Hospital bag checklist		
Item	QTY	Got It!
Mum		
Hospital notes & birth plan		
Dressing Gown	1	
Socks	3 pairs	
Slippers / Flip Flops		
Lip Balm		
Hairbands /Clips		
Body Lotion		
Entertainment (Magazine)		
Swimware (If Required)		
Night dress - (Easy for feeding)	1	
Heavy duty maternity pads	10-12	
Underwear (over bump big pants)	4	
Bras (Nursing bras if required)	2	
Breast Pads (QTY based on reusable)	2 pairs	
Towel	1	
All Toiletries		
Cosmetics (if required)		
Glasses/ Contact lenses (If Required)		
Phone & Charger		
Going home clothes		
Bag for laundry (Plastic bag is fine)		
Snacks and drinks		
Camera		
TENS machine (If required)		
Birthing Partner		
Snacks and drinks		
Phone and Charger		
Change of clothes		
Entertainment (Magazine)		
Cash (Parking, Vending Machines etc)		
Baby		
Babygrows	4	
Vests	4	
Hats (different sizes)	2	
Socks and booties	2 Pairs	
Blanket	3	
Pack of nappies (For newborns)	12 Nappies	
Sensitive newborn Wipes or cotton wool balls	1 large pack wipes	
Muslin Squares	3	
Going home outfit		
Car Seat		