



HOSPITAL BAG CHECKLIST



MUM'S ESSENTIALS

- Birth Plan / Hospital Notes
- Pjs, Dressing Gown, Slippers
- Toiletries and a Towel
- Lip Balm, Brush, Bobbles
- Drinks and Snacks (cereal bars)
- Nipple Cream / Breast Pads
- Granny Knickers and Maternity Pads
- Coming Home Clothes
- Any Medication currently taking
- Cash (Coins for vending machine)

NON-ESSENTIAL ESSENTIALS

- Ipad / Kindle
- Chargers
- Books / Magazines
- Small Fan
- Hair Dryer
- Small Make-up bag

BABY'S ESSENTIALS

- Nappies & Nappy Bags
- Nappy Cream
- Wet Wipes
- Bips
- Towel
- Muslin Cloths
- Vest & Baby Grows (Newborn size)
- Scratch Mitts & Booties
- Cotton Hat for inside Hospital
- Soft Blanket
- Car seat
- Sterilised Dummies

NOTES