

Hospital Bag Checklist

MAMA

- ☐ Going home clothes
- ☐ Robe or old t-shirt for labour
- ☐ Loose, comfortable clothing
- ☐ Supportive bras (maternity bras)
- ☐ Slippers
- ☐ Thongs
- ☐ Socks
- ☐ Sleepwear
- ☐ Dressing gown
- ☐ Warm jumper or cardigan
- ☐ Cheap or disposable underwear
- ☐ Maternity sanitary pads
- ☐ Button-up shirt for breastfeeding
- ☐ Breastfeeding pads
- ☐ Hairband and hairbrush
- ☐ Massage cream or oil
- ☐ Lip balm
- ☐ Makeup (if you wish)
- ☐ Shower essentials
- ☐ Toothbrush and toothpaste
- ☐ Glasses or contact lenses

CO-PILOT

- ☐ Change of clothes
- ☐ Toiletries
- ☐ Swimwear
- ☐ Pillow

BUB

- ☐ Nappies (8-10 per day)
- ☐ Baby clothes
- ☐ Onesie
- ☐ Baby blanket
- ☐ Hat
- ☐ Baby wipes
- ☐ Booties or socks

ADMIN

- ☐ Medicare card
- ☐ Hospital paperwork
- ☐ Antenatal card
- ☐ Birth plan (if you have one)
- ☐ Insurance details (if you have it)

EXTRAS

- ☐ Music
- ☐ Camera
- ☐ Phone
- ☐ iPad/tablet
- ☐ Chargers
- ☐ Books and magazines
- ☐ Snacks and drinks
- ☐ Cash
- ☐ Headphones
- ☐ Eye mask and ear plugs

OTHER

- ☐
- ☐
- ☐
- ☐

THINGS TO REMEMBER

- Check with the hospital or birthing centre what you need to bring
- Find out about visitors' waiting hours and waiting rooms
- Make sure your car seat is properly fitted
- If you have other children, have a plan for who will be looking after them and when they will come to visit.
- If you have pets, make sure you have someone on standby to look after them.