



Birth Hospital Bag Checklist

For Mum

Clothing:

- Generous size Hospital Bag
- 2-3 sets Pajama's / Nightwear
- Bathrobe
- 2-3 pairs of Socks
- 2-3 Nursing Bra's / Tops
- 10 pairs Cheap / Old Knickers
- 2-3 sets Loose daytime Clothes
- Comfortable Shoes

During Labour:

- Old comfortable T-shirt
- Warm Sox's
- Old Knickers / Disposable Pants
- Own Pillow
- Massage Oil
- Tissues
- Spray bottle for cooling
- Heat Pack / Water bottle
- Lib balm
- Thongs / Slippers
- Soothing Music / iPod

Snack Food:

- Sports Drink / Squeeze bottle
- Bendy Straws
- Fruit or Snack Bars
- Lollies to suck on

Notes:

Toiletries:

- 2 Face Washers
- Bath Towel
- Earplugs (for a noisy ward)
- Soap
- Shampoo
- Conditioner
- Toothpaste
- Toothbrush
- 3 packs of Maternity Pads
- 2 packs of Nursing Pads
- Nipple Cream
- Hairbrush
- Hair-ties
- Deodorant
- Moisturiser
- Hand Lotion
- Make up
- Hair Dryer
- Soft Toilet Paper / Flushable Wipes
- Gentle Laxatives approved by your GP
- Glasses / Contacts / Solution (if applicable)

Paperwork:

- Hospital Information
- Birth Plan
- Medicare / Health Insurance Card/s
- List of People to Contact

Other Things:

- Mobile Phone & Charger
- Notepad / Notebook & Pen
- Books / Magazines (Optional)
- Champaign / Gift for Staff (Optional)



Birth Hospital Bag Checklist

For Baby

Baby Clothing:

- 4 Stretch Suits
- 4 Pairs of Sox / Booties
- Hat / Beanie & Mittens
- 2 Muslin Wraps / Swaddle Suits
- Outfit to wear home

Feeding Aids (Optional):

- Stage 1 (0-6 months) Formula
- Feeding Bottles & Slow Flow Teats

Nappy Bag:

- Nappy Bag
- Change Mat / Disposable Mats
- Approx 40 Disposable Nappies
- Approx 160 Baby Wipes
- Supersized Baby Cotton Balls
- Nappy Sacks
- Nappy Cream
- Talc-free Powder

For Support Person

- Separate Bag /Compartment
- Swim Wear & Towel
- Change of Clothes
- Comfortable Shoes
- Toothbrush & Deodorant
- Mobile Phone & Charger
- Camera / Video recorder
- Camera / Video recorder Chargers
- Snacks & Drink
- Timer (to time contractions)
- Credit Card / Coins for parking
- Pillow & Blanket (Optional)

Notes:

For Car

- Car Seat Fitted to Australian Standards
- Big Garbage Bag & Towels / Terry Nappy Squares incase your water breaks in the car.

Notes:

The Nappy Shop Australia Pty Ltd - Eco Friendly & Leading Brands - Nappies and Accessories

Located at: 1341 Burke Rd,
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