

Hospital Bag

CHECKLIST



FOR MOTHER

- Comfortable clothes: Loose, front-fastening nightie
- Toiletries: Hair products, lotion, soaps, lip balm, toothbrush, toothpaste, hand sanitise gel, moisturiser, body cream
- Electronics: Phone, charges, iPad
- Breast pump
- Nursing pillow
- Nursing Bras
- Nursing gown
- Maternity underwear
- Entertainment: books, magazines
- Camera
- Cool-bag with water
- Snacks

FOR BABY

- New born diapers
- Soft blanket
- Muslin clothes
- Mittens
- Socks
- Hats
- Nappy rash cream
- Baby wipes
- Thermal wear
- Burp clothes
- Pacifiers
- Take-me-home blanket
- Onesies
- Car seat

NOTES