

# Hospital Bag Essentials

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## for Mum

Pack into a separate case- You won't need to open this bag during labour

- 2 x Comfy PJ sets
- 1 x Comfy robe
- 2 x Stretchy top/nursing tank
- Slip on shoes
- 5 x Large black undies
- 2 x Stretchy pants/trackies
- 1 x Going home outfit
- Coffee cup & Water Bottle
- Nipple shields (optional)
- 2 x Stretchy t-shirt bras
- Slippers/socks
- Thongs to wear in shower
- Ice packs

Pack into a separate bag- You can use it for both labour & hospital stay

## Toiletries



- Pack of face wipes
- Toothbrush/paste
- Hand sanitiser
- Reusable Breast Pads
- Body wash
- Lip balm
- Hair clip/ties
- Hairbrush
- Maternity pads with wings
- Basic makeup/face cream
- Lansinoh Nipple Balm
- Dry shampoo
- Shampoo/Conditioner
- Deodorant



## Birth Bag

Pack into a separate bag- You won't open your hospital stay bag during labour

- Birth preference list
- Bathers if water birth
- Water bottle
- Hair clip/ties
- Essential oils/ Clary sage /Diffuser
- Head phones/ play list
- Wheat pack
- Affirmation Cards
- Lollies/ snacks
- Stretchy bra/ birthing dress

Packing your comforts helps to encourage endorphins during labour

## Comforts



Pack all of this into a separate bag

- Pillow/ blanket
- Camera / Charger/ SD card
- Dad - change of shirt
- Sibling gift
- Super long phone charger- You can use it plugged in from the bed
- Dad - Energy Drink & Snacks for during labour



## for Baby

Separate outfits in reusable zip-lock bags - Label each bag with size number

List roughly for 3x nights stay

- Car seat installed
- 4 x NB onesies
- 1 x Prem onesie
- 1x Going home outfit
- 1x Booties/ socks
- Announcement plaque/outfit
- 1x Beanie
- 10 x NB nappies
- 1 x Pack water wipes
- 2x Bamboo swaddles
- 1x Warm blanket
- 2x Burp cloths
- Dummie (optional)