
Hospital Bag Essentials

by Miss Kyree Loves 



for Mum

- 2 x Comfy PJ sets
- 1 x Comfy robe
- 2 x Stretchy top/nursing tank.
- Shoes to wear home
- 5 x Large black undies
- 2 x Stretchy pants/trackies
- 1 x Going home outfit
- Travel coffee cup
- Nipple shields (optional)
- 2 x Stretchy t-shirt bras
- Slippers/socks
- Thongs to wear in shower
- Ice packs

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

- Laminated birth plan
- Bathers if water birth
- Water bottle
- Battery operated candles
- Essential oils/ clary sage
- Head phones/ play list
- Heat pack
- Diffuser
- Lollies/ snacks
- Stretchy bra/ birthing dress

Comforts



- Pillow/ blanket
- Phone & charger
- Sibling - gift
- Camera & charger/ SD card
- Red bull
- Ipad & charger
- Dad - change of shirt



for Baby

Separate outfits in travel zip-lock bags (Label each bag with size number).

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