

HOSPITAL BAG CHECKLIST



BELLYPRINT

IMPORTANT DOCUMENTS

- Birth plan (if made one)
- Hospital notes
- _____

THINGS FOR MUM

- Loose comfortable delivery clothing
- Crop top/bikini top if using the pool
- Pyjamas (with buttons if breastfeeding)
- Dressing gown
- Slippers/flipflops
- Comfy pants
- Maternity / supportive bras
- Socks
- Comfy going home clothes
- Towel (Dark in colour)

OTHER

- Fan (handheld)
- Chargers
- Book/kindle/magazine or Ipad
- Snacks - high energy
- Sports drink
- Drinks bottle with a straw
- Candles / Affirmations / Essential oils
- _____

TOILETRIES

- Flannel
- Showergel
- Shampoo / conditioner (travel size)
- Face wash + moisturiser
- Toothbrush + toothpaste
- Hairbrush
- Hair bobbles
- Lip balm
- Maternity pads / disposable pants
- Breast pads
- Nipple balm

THINGS FOR BABY

- Nappies
- Wet wipes
- Bum cream
- Formula
- Bottles
- Vests
- Sleepsuits
- Going home outfit
- Muslin squares/ Bibs
- Blanket
- Car seat