

Hospital Bag list



This checklist is not about packing everything below but selecting what fits best with you and your unique circumstances. Each mother's experience and needs are so different, that's why it's important to use this guide as a starting point to create your own personalised list.

Mama's Bag

- Baby notes
- Birth preferences notes
- Tens Machine
- Massage oil/Lotion for labour
- Speaker and playlist for labor
- Speaker charger
- Books/Magazines./I pad with charger
- Camera/ phone for filming special moments
- Heat packs/Hot water bottle
- 2 x dark pyjamas
- Large sanitary towels (Nighttime)
- Disposable knickers (high waisted for c section)
- Tracksuit/ Loungewear (Comfy waist band)
- Feeding bra's
- Leggings
- Big t shirts
- Shirts that open (for feeding)
- Feeding vests
- Nipple cream (Lansinoh)
- Slippers
- Dressing gown
- Breast pads
- Phone charger with extra long cable
- Power battery bank
- Breast pump (If required)
- Bottles/Formula (if required)
- Snacks (consider isotonic drinks/energy bars)
- Large Water bottle
- Blanket or comforter for mum
- Sliders
- Fluffy socks
- Dark coloured towel
- Feeding pillow/ sleeping pillow
- Hand held fan for keeping cool during labor

Toiletries bag:

- Toothbrush
- Toothpaste
- Deodorant
- Moisturiser
- Face cream
- Lip salve
- Hairbrush
- Makeup (if required)
- Glasses/ glasses cleaner (if required)
- Shampoo and conditioner
- Sensitive shower gel (colour, perfume free)
- Hand cream
- Hair bands

Babies Bag

- Nappies for 3 days (approx 30/40)
- Water wipes
- Cotton wool balls for nappy changing
- Baby grows x 8
- T shirt Baby vests x 8
- New born Dummies (if required)
- Muslin squares x 6
- Baby scratch mitt
- Baby socks
- Hats indoor x 2
- Hat outdoor x 1
- Cardigan or little hoodie
- Spring outdoor snowsuit
- bum//barrier cream
- Baby brush
- Baby shampoo
- Baby towel with hood
- Cellular blanket
- Cosy baby blanket

*don't forget carseat if you're driving home

