

Hospital Bag Checklist: **WHAT to PACK**

FOR #BOSSBABES AND EXPECTING MUMS

Mama's List

- Weekend bag
- Loose pyjamas
- Comfy day clothes
- Leggings
- Gown / robe
- Slippers / flip flops
- Comfy, non-slip socks
- Going home clothes
- Nursing tank tops
- Nursing bras
- Nipple cream!
- Nursing pillow
- Large comfortable dark underwear
- Maternity pads
- Toiletries
- Wash cloth / sponge
- Shower gel
- Cotton pads
- Hair ties
- Toothbrush
- Tooth paste
- Face cream
- Foundation
- Brush
- Deodorant
- Face wipes
- Bottled water
- Prenatal vitamins
- Extra pillows

Birthing Partner's List

- Weekend bag
- Comfy clothes
- Change of clothes
- Toothbrush
- Hoody / tracksuit top
- Comfy shoes / flip flops
- Pillow
- Masks
- Hand sanitizer
- Mints

Baba's List

- 30-40 Nappies / Diapers
- 6 Onesies / Vests (UNDER LAYER)
- 8 Sleepers / Rompers (OUTER LAYER)
- 2 Beanies
- 2 pairs of Mittens
- Diaper rash cream (Bepanthen)
- Extra warm clothes for baby
- Swaddles

Other Essentials

- Phone charger
- Contact lenses / reading glasses
- Masks + Hand sanitizer
- Driver's license
- Administrative documents
- Identity / passport
- Cash for vending machine/parking
- Snacks
- Towels
- Small Blanket