

HOSPITAL BAG CHECKLIST



The Essentials

Optional Items

FOR MAMA

- ID card
- Prenatal records and pre-filled registration forms
- Birth plan
- PJs or a nursing gown
- Flip flops
- Socks
- Cardigan
- Personal toiletries
- A change of clothes
- Comfortable underwear
- Mobile phone and charger
- Water bottle

FOR BABY

- Swaddle
- Burp cloths
- Going-home outfit
- Car seat
- Scratch mittens
- Baby hat
- Pacifier *(if you want)*

- Lip balm *(lips can get quite dry during labour)*
- Breast pump
- Silver nursing cups and breast pads
- Witch hazel pads
- Night eye-mask
- Earplugs
- Nappy cream
- Nipple cream
- Peri bottle
- Gifts and cards for the hospital staff

FOR PAPA

- ID Card
- Cash and coins for vending machine snacks
- A change of clothes
- Personal toiletries
- Entertainment *(maybe even games you enjoy together - it might be a long night!)*

