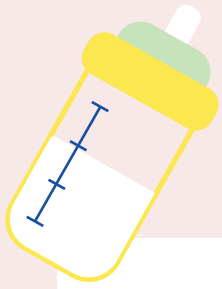


# HOSPITAL BAG CHECKLIST

*What to pack in your hospital bag*



## FOR MUM



- Comfy PJs
- Cute Bathrobe
- Loose Nightie
- Fuzzy Socks
- Hair Ties
- 6-8 x Pairs Granny Panties
- Cosy Bedroom Slippers
- 1 x Pair Flip Flops
- 2 x Nursing Bras
- Eye Mask (for sleeping!)
- Going Home Outfit
- Toiletries
- Make-up Bag
- Phone & Charger
- Book
- Notebook & Pen
- 1 x Pack Maternity Pads
- Headphones

## FOR HOSPITAL



- Birth Plan
- Insurance Details
- Water Bottle
- Wet Wipes
- Nipple Cream
- Camera (Fully Charged!)
- Pen
- Snacks for Energy Boost
- Picture ID
- Detailed Document Complete with Medical History

## FOR BABY



- 3-5 x Onesies
- 3-5 x Singlets
- 3-5 x Pairs Socks
- 2 x Swaddles
- 1 x Blanket
- 10 x Nappies
- 1 x Pack Wipes
- 2 x Burping Cloth
- 2 x Pairs Mittens
- 2 x Hats
- Going Home Outfit
- Installed Baby Capsule/ Baby Carrier

## TOILETRY BAG



- Lip Balm
- Basic Make-up
- Hair Ties
- Mini Shampoo
- Mini Conditioner
- Moisturiser

## NOTES



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