

## Hospital Bag Checklist

<b>For Labour</b>		<b>For You</b>	
Hospital Card		Breast pads	
Birth plan		Maternity Pads (2pks)	
Purse with Medicare and Health fund cards		Soft, comfortable underpants x 6	
Labour help – tens machine, etc		Breastfeeding/maternity bra x 2	
Hard sugar lollies/ drinks/ snacks		Loose Tops	
Dressing Gown		Loose/comfortable pants	
Socks		1 nice outfit (for coming home)	
Slippers		Nipple Cream	
An old nightdress or T shirt to wear in labour		Toiletries (Toothbrush, Toothpaste, Shampoo, Conditioner, Body Wash, Deodorant etc.)	
Massage Oils/Labour accessories		Pyjamas	
Hair band		Slippers/Socks	
Reading Material/games to keep you occupied		Make up	
Music (and music player) if desired		Plastic bags for dirty clothes	
Camera/Camcorder			
Phone & charger		<b>For Baby</b>	
		Vest/ Singlet x 4	
		Babygro x 4	
<u>Recommended by other mums</u>		Going home outfit	
Ural – Can take the sting out of the urine		Baby Blankets	
Metamucil/ stool softeners		Muslin Wrap	
Dry Shampoo – good if you have C Section		Baby Hat	
Ear plugs – in case you get a noisy ward		Mittens (if desired)	
Own Pillow		Socks/Booties x 3	
Nappy Bag		Face wash cloth	
		Nappies	
		Wipes	
		Baby Bath Wash	
		Baby Moisturiser	
		Dummies if desired	
		Bottles if you have a brand you would like to use should you need them.	
<b>Notes:</b>			