

HOSPITAL BAG ESSENTIALS

by www.laurennatalia.co

LABOUR BAG – small bag to bring to the birthing suite

- | | |
|--|--|
| <input type="checkbox"/> Antenatal card/health insurance info etc | <input type="checkbox"/> Bag for dirty clothes |
| <input type="checkbox"/> Heat pack | <input type="checkbox"/> Change of shirt/clothes for dad |
| <input type="checkbox"/> Drink bottle | <input type="checkbox"/> Snacks in separate bag |
| <input type="checkbox"/> Phone | <input type="checkbox"/> |
| <input type="checkbox"/> Phone charger (long cable/bring powerboard) | <input type="checkbox"/> |
| <input type="checkbox"/> Camera & charger | <input type="checkbox"/> |
| <input type="checkbox"/> Slippers/slip on shoes | <input type="checkbox"/> |
- “Comforts” Bag – small pouch containing anything you’d like easy access to
- | | |
|--|--------------------------|
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> |
| <input type="checkbox"/> Headphones | <input type="checkbox"/> |
| <input type="checkbox"/> Hair tie/bobby pins | <input type="checkbox"/> |
| <input type="checkbox"/> Essential oils | <input type="checkbox"/> |
| <input type="checkbox"/> Lansinoh nipple cream | <input type="checkbox"/> |
- “My First Shower” Bag – have everything in a separate pouch so your partner can easily find it!
- | | |
|--|---|
| <input type="checkbox"/> Toiletries (see list below) | <input type="checkbox"/> Socks |
| <input type="checkbox"/> Nursing bra | <input type="checkbox"/> Nightie/loose PJ’s (button down) |
| <input type="checkbox"/> Pair of big undies | |
- For Baby – in another separate pouch
- | |
|---|
| <input type="checkbox"/> Singlet/onesie |
| <input type="checkbox"/> Growsuit |
| <input type="checkbox"/> Hat |

WARD BAG – leave in car until moved to the postnatal ward

This is for 4-5 nights. Adjust depending on expected length of stay

CLOTHES

- | | |
|---|--|
| <input type="checkbox"/> Button down PJ tops & loose pants x 3 /nightie | <input type="checkbox"/> Going home outfit |
| <input type="checkbox"/> Big undies x 5 | <input type="checkbox"/> |
| <input type="checkbox"/> Socks x 5 | <input type="checkbox"/> |
| <input type="checkbox"/> Nursing bras/cami's x 4 | <input type="checkbox"/> |
| <input type="checkbox"/> Trackie pants/loose pants | <input type="checkbox"/> |
| <input type="checkbox"/> Cardigan/robe/zip down jumper | <input type="checkbox"/> |
| <input type="checkbox"/> Thongs to wear in shower | <input type="checkbox"/> |

FOR BREASTFEEDING

- Breast pads (just a few)
- Lansinoh nipple cream
- Breastfeeding pillow
- Small clock/watch

EXTRA COMFORTS

- Pillow
- Journal & Pen
- Snacks

TOILETRIES

- | | |
|---|---|
| <input type="checkbox"/> Pads (with wings) | <input type="checkbox"/> Stretch mark oil |
| <input type="checkbox"/> Shampoo/conditioner | <input type="checkbox"/> Face & body cleanser |
| <input type="checkbox"/> Comb | <input type="checkbox"/> Makeup remover wipes |
| <input type="checkbox"/> Hair ties/bobby pins/cute hair clips | <input type="checkbox"/> Makeup if desired |
| <input type="checkbox"/> Tooth brush, Toothpaste, floss | <input type="checkbox"/> Nail file |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Moisturizer & other skincare | <input type="checkbox"/> |

FOR BABY

- | | |
|---|--|
| <input type="checkbox"/> Singlets (body suits) x 5 | <input type="checkbox"/> Announcement (name sign/outfit) |
| <input type="checkbox"/> Growsuits (all in one with feet) x 5 | <input type="checkbox"/> Car seat installed |
| <input type="checkbox"/> Hat | <input type="checkbox"/> |
| <input type="checkbox"/> Bibs x 3 | <input type="checkbox"/> |
| <input type="checkbox"/> Muslin wraps x 2 | <input type="checkbox"/> |