

Hospital Bag Checklist

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4-5 NIGHTS MUST-HAVES
FOR MUM & BABY

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ADJUST FOR HOSPITAL
STAY LENGTH

BY **Brittany
Noonan.**

For Mum

TOILETRIES

- Maternity Pads or Adult diapers 3x packs
- Travel sized body wash facewash
- Travel sized shampoo and conditioner
- Travel dental pack (toothbrush, floss, paste)
- Deodorant
- Body moisturiser
- Lip balm or paw paw ointment
- Mini hand Sanitiser
- Face Oil or moisturiser of choice
- BB cream or tinted moisturiser
- Basic makeup
- Belly Oil or cream
- Nipple Balm
- Hair brush & Hair ties/scrunchie
- Essential oils of choice to help with birth, calming and lactation
- Face wipes

CLOTHING

- 4x maternity singlets
- 3-4x nighties with buttons or button front pyjamas
- 2x cardigans
- 3-4 Loungewear sets/ trackies or dresses with buttons at front or feeding access
- Robe
- Thongs/slide on shoes
- Slippers

UNDERWEAR & SUPPORT

- 10x high waisted black undies - need to come up over wound for c-section
- 3-4x maternity bras/crops - soft and stretchy
- 5 x pairs of long warm socks
- Breast pads
- Tummy Support band and/or shorts for post c-section

For Baby

CLOTHING

- 1-2 Premmie size onesies
- 4-5 Long rompers /wondersuits NB size
- 4 basic long sleeve onesies NB size
- Outfit for announcement photo
- 4x Singlets or singlet romper
- Going home outfit
- Beanie
- Booties and/or mittens

BABY CARE

- Newborn Nappies
- 1x Packet Fragrance free or water Wipes
- Natural Body wash if you plan to bath baby
- Barrier cream
- Soothers/Dummies (2 different types)

WRAPS & SWADDLES

- 1-2 x Love to Dream Swaddle Up NB size
- 2-3 muslin or jersey wraps swaddles

Other

- Birth plan
- Sleep mask
- Book, magazine, earphones, speaker.
- Camera for photos of birth and in hospital
- Medicare and private health care cards
- Phone charger with long cord
- Memory card for camera (check enough storage available)
- Bone broth powder for post birth nourishment.
- Nursing pillow - optional
- Name Plaque and anything else you want for your announcement photo (bow, blanket etc)
- Sibling Gifts
- Snacks - bliss balls, lollies etc