



Hospital bag checklist

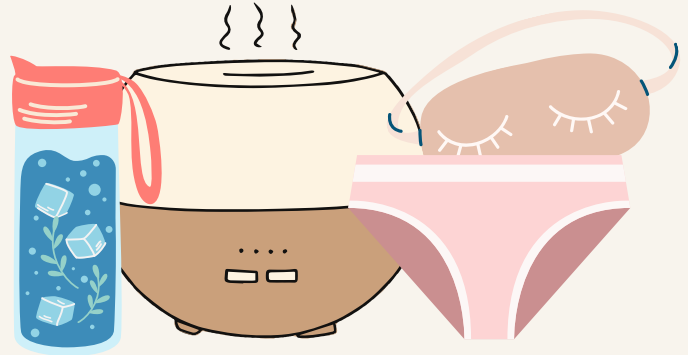
For mum and partner



✦ Mum's Bag ✦

For Labour

- Salt lamp
- Diffuser
- Mini speaker
- Aromatherapy scents
- Snacks
- Juice boxes/coconut water
- Water bottle
- Comfy underwear
- Dressing gown
- Birthing comb
- Affirmation cards
- LED candles
- Hospital file/book
- Hypnobirthing extras
- Eye mask
- Airpods



Others

✦ Mum's Bag ✦

After Birth

- Loose t-shirts
- Loose pants
- Period underwear
- Maternity pads
- Jacket
- Jumper
- Face wash
- Facial spray
- Hair ties
- Hair brush
- Toothbrush and paste
- Lip balm
- Nipple balm
- Mini shampoo and conditioner
- Phone charger (extended cord)
- Thongs
- Slippers
- Deodorant
- Nursing bra's



Others

✦ Birth Partner Bag ✦

- Birth partner cheat sheet
- Phone charger
- Tshirts
- Pants/shorts
- Jumper
- Snacks
- Water bottle
- Deodorant
- Socks
- Laptop/entertainment/
book dependant on length
of stay

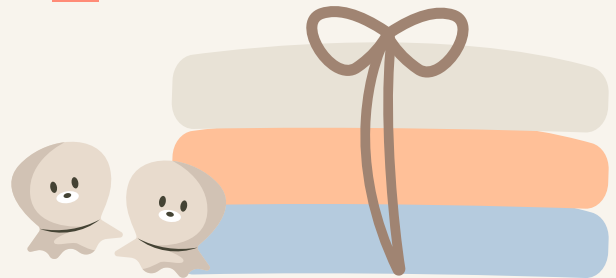
- Swimwear (if joining in
water birth)
- Camera
- Toiletries




Others

◆ Baby's Bag ◆

- Beanies
- "First photo" outfit (optional)
- Onesies
- Singlets/under lay tops
- Socks or booties
- Nappies
- Bottles
- Formula
- Colostrum (if expressed)
- Mini freezer bag for colostrum
- Carrier
- Ensure car seat is installed
- Capsule to transport (pram or carseat)
- Warm blanket
- Burp towels
- Swaddles



Others

The background of the image consists of several thick, wavy, vertical stripes in a light orange or peach color, set against a white background. The stripes are irregular and flow-like, creating a sense of movement and organic form.

The Nourished Cycle