

# Hospital Bag Checklist

## What to Pack in the Hospital Bag for Mum (Labour and Delivery):

- Hospital file
- Birth plan
- Dressing gown
- Socks
- Slippers/ flip-flops
- Lip balm
- Body lotion
- Water spray and sponge
- Comfortable pillow
- Relaxing entertainment
- Eye mask and ear plugs

## What to Pack in the Hospital Bag for Mum (After Delivery):

- Nightdresses
- Heavy-duty maternity pads
- Underwear
- Bras
- Cosmetics and skin care
- Glasses and contact lenses
- Phone and charger
- Clothes
- Handouts and reference books
- Snacks and drinks

## What to Pack in the Hospital Bag for Your Birth Partner:

- Snacks and water
- Phone, camera and/or video camera, plus chargers and batteries
- Clothes
- Toiletries
- Spare glasses or contact lenses
- Small pillow
- Entertainment

## What to Pack in the Hospital Bag for Your Baby:

- Babygrows
- Socks and booties
- Blanket
- Nappies
- Wipes
- Muslin squares
- Going home outfit
- Car seat

