

# Hospital Bag List



## Main Bag

- |  |  |
|--|--|
| <input type="checkbox"/> Change of clothes x2    | <input type="checkbox"/> Socks (fluffy or anti-slip) |
| <input type="checkbox"/> Button-up Nightie x2    | <input type="checkbox"/> Flip Flops                  |
| <input type="checkbox"/> Dressing Gown           | <input type="checkbox"/> Bikini Top (waterbirth)     |
| <input type="checkbox"/> Nursing Bras x2         | <input type="checkbox"/> Toiletries (lux mini ones)  |
| <input type="checkbox"/> Slippers                | <input type="checkbox"/> Maternity Pads              |
| <input type="checkbox"/> Big/Period Pants x6     | <input type="checkbox"/> Extra long charger          |
| <input type="checkbox"/> Breast Pads/Nipple Balm | _____  |

## Baby Bag

- |   |  |
|---|--|
| <input type="checkbox"/> Baby Grow x4           | <input type="checkbox"/> Muslin Cloths x5      |
| <input type="checkbox"/> Baby Vests x4          | <input type="checkbox"/> Cellular Blanket      |
| <input type="checkbox"/> Baby Hat               | <input type="checkbox"/> Love-to-Dream Swaddle |
| <input type="checkbox"/> Baby Blanket           | _____  |
| <input type="checkbox"/> Nappies x10            | _____  |
| <input type="checkbox"/> Cotton Wool or Wipes   | _____  |
| <input type="checkbox"/> Nappy rash/bottom balm | _____  |

## Labour & Birth

- |   |  |
|---|--|
| <input type="checkbox"/> Maternity Pads           | <input type="checkbox"/> Pillow Mist         |
| <input type="checkbox"/> Loose Nightwear          | <input type="checkbox"/> TENS machine        |
| <input type="checkbox"/> Pants                    | <input type="checkbox"/> Comb for squeezing  |
| <input type="checkbox"/> Handheld fan/Cool Spray  | <input type="checkbox"/> Eye mask & pillow   |
| <input type="checkbox"/> Electrolytes & sugar     | <input type="checkbox"/> AirPods/Ear Plugs   |
| <input type="checkbox"/> Oral Arnica              | <input type="checkbox"/> Aloe Vera Loo Roll  |
| <input type="checkbox"/> Flannel                  | <input type="checkbox"/> Intimate Cool Packs |
| <input type="checkbox"/> Lip Balm/Chapstick       | <input type="checkbox"/> Perineum Bottle     |
| <input type="checkbox"/> Hair Ties                | _____  |
| <input type="checkbox"/> Bendy Straw/Straw Bottle | _____  |
| <input type="checkbox"/> LED candles              | _____  |

## Birth Partner

- |  |   |
|--|---|
| <input type="checkbox"/> Gadgets & Chargers  | <input type="checkbox"/> LED candles              |
| <input type="checkbox"/> Pants x2  | <input type="checkbox"/> Toiletries               |
| <input type="checkbox"/> Button-up shirt   | <input type="checkbox"/> Announcement List        |
| <input type="checkbox"/> Money, change, bank cards   | <input type="checkbox"/> Birth Movement Handbook  |
| <input type="checkbox"/> Swimwear (if they want to get in the pool with you)                   | <input type="checkbox"/> Stop Watch or Timer App  |
| <input type="checkbox"/> Food & Drink - plenty of water, sandwiches, protein bars, snacks etc. | <input type="checkbox"/> Playlist & Mini Speakers |
| <input type="checkbox"/> The Birth Plan x2 laminated   | _____   |
|  | _____   |
|  | _____   |