

Hospital Bag Checklist



For Baby:

- Blanket (cotton or wool)
- Car seat installed
- Dummy
- Nappies
- Oil or barrier cream
- Outfits
 - Onesies/stretch-n-grows x 5
 - Singlets x 4
 - Socks and booties x 2
 - Cardigan or jumper
 - Mittens
 - Hat
- Swaddle (stretchy cotton or merino) x 2
- White noise machine
- Wipes or soft cloths

For You:

- Book/kindle
- Documents/birth plan
- ID/wallet
- Maternity bras x 3
- Maternity breast pads
- Medications
- Music, playlist, speaker
- Nipple cream (lanolin based) or silverette cups
- Oils, remedies
- Outfit to wear home
- Phone, camera, chargers
- Pillow
- PJs, robe, comfy clothes x 4
- Sanitary pads
- Snacks
- Socks and slippers, jandals (for shower)
- Toiletries (skin care, toothbrush, shampoo, deodorant, lip balm, hair ties)
- Underwear (comfy high-waisted) x 5
- Water bottle
- Wheat pack