# Hospital Bag Checklist

## For Baby:

☐ Blanket (cotton or wool)
☐ Carseat 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
☐ 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 4
☐ Water bottle
☐ Wheat pack

www.katiethomaschildcare.co.nz