

HOSPITAL BAG CHECKLIST

BIRTHBAG ✓

SNACKS/DRINKS/ENERGY TABLETS

CHANGE FOR PARKING/VENDING MACHINE

ENTERTAINMENT FOR YOU AND BIRTH PARTNER (MUSIC/IPAD ETC)

FAN/WATER SPRITZ

PHONE AND CHARGER

NIGHTIE OR OLD TSHIRT TO BIRTH IN (SOMETHING EASY TO PULL DOWN FOR SKIN-TO-SKIN AND/OR BREASTFEEDING)

3 SETS OF BABY CLOTHES

EXTRA LAYER FOR TAKING BABY HOME - COAT/CARDIGAN (WEATHER DEPENDANT)

BABY BLANKET

FEEDING PILLOW IF BREASTFEEDING

BOTTLES AND READY MADE FORMULA IF BOTTLE FEEDING

2 SETS OF PJS FOR YOU

LIGHTWEIGHT DRESSING GOWN

DARK TOWEL

NURSING OR MATERNITY BRA

BIG KNICKERS (BLACK COTTON OR DISPOSABLE)

COMFY GOING HOME CLOTHES



*assumes one night in hospital