

Hospital Bag Checklist

FAT AND
pregnant

LABOUR ESSENTIALS

Mother

- Hair ties
- Hair brush
- Toothbrush and paste
- Deodorant
- Lip Balm
- Water bottle
- Maternity pads
- Earphones & playlist
- Comfortable shoes
- Change of dress
- Sports bra/Nursing top
- 3 x pairs of underwear
- Nightdress or old t-shirt
- Dark towels

Birth Partner

- Copies of birth preferences
- Change of clothes
- Toothbrush and paste
- Deodorant
- Tissues
- Camera (photo + video)
- Cash for parking
- Phones + chargers
- Hospital contact information
- Placenta chilling kit
- Contact information for family, friends, doula

Comfort Measures

- Massager + oil
- Essential Oils
- Hypnobirth tracks
- Two face cloths
- Birth Ball
- Snacks/beverages
- Labour cloth/wrap
- TENS machine
- Pillow
- Sentimental items (pictures, etc.)
- LED tea lights
- Tennis ball(s)

POSTPARTUM ESSENTIALS

Mother

- Comfortable nightdress/pajamas
- Maternity pads
- Nursing bra and pads
- Nipple cream
- Magazines/books
- Toiletries including shampoo, soap, etc.
- Makeup
- Placenta specialist information
- Going home outfit
- Ear plugs

Baby/Babies

- 6x Baby vests/onesies
- 6x Babygros/sleepers
- 2x Blankets
- 2x Baby towels
- 3x Muslin cloths/bibs
- Disposable Diapers
- Cotton wool or wipes
- Going home outfit
- Car seat