

# hospital bag checklist



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pregnancy, parenting and beyond

## for labour

- hospital paperwork - registration card/health record or similar
- medicare card and/or private health insurance company card
- birth plan
- cardboard/plastic folder to keep all your paperwork in (you'll get given more when the baby is born)
- comfortable, old, t-shirt
- nightgown
- warm socks - feet can get cold during labour
- flat slip-on shoes or slippers
- lollies to suck on
- snacks for you and your birthing partner
- drinks for you and your birthing partner - sipper bottles are best
- books/magazines - for your partner too
- iPod or stereo
- massage oil
- face cloth / face spray
- hair band to keep your hair out of your face
- lip balm - lips can get dry during labour
- camera and/or video camera - with spare film & batteries/charger!
- extra clothes for partner - they may get wet helping you in shower or bath
- phone card for public phones - mobile phones must often be switched off in hospital wards and there will often be a public phone by your bed
- list of important phone numbers - family, friends, older children's carers/school
- change for parking, snacks, phones anything you've forgotten to pack!
- plastic bag for dirty clothes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## for mum post-birth

- (some of the items from your labour bag can be re-used)*
- day-time clothes - pjs, nighties or casual clothes with front opening tops for breastfeedings (don't expect to get into your 'pre-pregnancy' clothes straightaway, take loose fitting or maternity clothes)
  - flat slip-on shoes and/or slippers
  - night-time clothes - front opening tops for breastfeeding
  - dressing gown
  - maternity sanitary pads - plenty
  - undies - plenty of pairs (use disposables if you prefer)
  - breastfeeding bras
  - absorbent breastpads
  - change to pay for newspapers, tv connection, phone calls, snacks, etc
  - pen, paper/notebook
  - clock
  - leave valuables - including jewellery - AT HOME
  - gifts for siblings from new baby if you have other children, you might like to have a small gift for each that is 'from the new baby' and which is given to the children when they arrive to visit you in hospital
  - going home outfit
  - plastic bag for dirty laundry
  - mobile phone and charger
- toiletries**
- hairbrush
  - hairdryer (good for drying stitches too)
  - body wash
  - shampoo & conditioner
  - make-up (you might feel more comfortable having make-up on for those special keep-forever photos)
  - face wash
  - moisturiser
  - tissues
  - deodorant
  - toothbrush & toothpaste
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

## for baby

- nappies
- singlets
- jumpsuits
- socks & booties
- scratch mittens
- hat
- going home outfit x 2 (just in case the one gets dirtied)
- wipes or cotton wool balls
- baby bath solution/baby wash
- face washers
- baby towel
- wraps/blankets
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## for car

- DON'T FORGET - baby capsule
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_