

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
- ☐ _____
- ☐ _____
- ☐ _____