



When you go into labour the last thing you need is to worry about forgetting something in your hospital bag. Follow this checklist when packing well in advance to ensure you are thoroughly prepared for your hospital stay and your baby's arrival.

For Mum

- Birth Plan _____
- Pajama tops to nurse in (x2) _____
- Comfy Pants _____
- Loose top to home in _____
- Nursing tank (x2) _____
- Nursing Bra _____
- Face wash _____
- Lotion _____
- Toothbrush & Tooth paste _____
- Hairbrush _____
- Glasses/contacts _____
- Slippers _____
- Anti-bacterial sanitizer _____
- Bathrobe _____
- Pillow & Blanket _____
- Towels _____
- Nipple Cream _____
- Breast pump _____
- Nursing pads _____
- Your favorite snack _____

For Dad

- Insurance Card _____
- Phone & Charger _____
- Camera & Charger _____
- Phone Airtime _____
- Change of clothes _____
- Personal Items _____
- Magazine _____

For Baby

- Diapers and wipes _____
- Receiving Blanket _____
- Going home outfit _____
- Hand mitts _____
- Fingernail clippers _____
- Car seat _____
- Flat shoes & socks _____