

# Hospital Bag Checklist

For Mum			<i>(put a tick beside each item)</i>	<input checked="" type="checkbox"/>	
Loose Pyjamas / night-dresses (1x every day and 2x labour)	<input type="checkbox"/>	Bendy Straws (for sips of water)	<input type="checkbox"/>	Notepad and Pen (for any questions you have)	<input type="checkbox"/>
2 x nursing bras	<input type="checkbox"/>	Breast Pads	<input type="checkbox"/>	Camera	<input type="checkbox"/>
Maternity Sanitary Pads	<input type="checkbox"/>	Nipple Cream	<input type="checkbox"/>	Watch (to time contractions)	<input type="checkbox"/>
Shower Cap	<input type="checkbox"/>	TENS Machine (if using own)	<input type="checkbox"/>	Change for telephone and parking meter (some hospitals don't allow mobile phones)	<input type="checkbox"/>
Hair Clips / Hair Band	<input type="checkbox"/>	Light dressing gown, slippers, flip flops (for shower) and warm socks for labour	<input type="checkbox"/>	Hand Towel	<input type="checkbox"/>
Travel Hairdryer	<input type="checkbox"/>	Disposable pants or your own underwear	<input type="checkbox"/>	Snacks	<input type="checkbox"/>
Books / Magazines / IPod	<input type="checkbox"/>	Toiletries (toothbrush, toothpaste, hairbrush, lip balm, shampoo, conditioner, body wash, facial wipes, moisturiser, makeup, mirror)	<input type="checkbox"/>	Large, dark coloured towel	<input type="checkbox"/>
Ear plugs (the wards can be noisy)	<input type="checkbox"/>	Mobile phone charger	<input type="checkbox"/>	Loose fitting clothes for going home	<input type="checkbox"/>
For Baby					
8 x Babygros / Sleepsuits	<input type="checkbox"/>	Cotton Wool	<input type="checkbox"/>	2x cardigans	<input type="checkbox"/>
Cotton Hat	<input type="checkbox"/>	Outfit & blanket for going home	<input type="checkbox"/>	Barrier cream	<input type="checkbox"/>
Baby Towel	<input type="checkbox"/>	8 x vests	<input type="checkbox"/>	Vitamin D3 supplement	<input type="checkbox"/>
Nappies	<input type="checkbox"/>	Scratch Mitts	<input type="checkbox"/>	Car seat to take baby home in	<input type="checkbox"/>
Muslin cloths	<input type="checkbox"/>	Bibs	<input type="checkbox"/>		
For Dad					
Snacks	<input type="checkbox"/>	Coins	<input type="checkbox"/>	Basic wash kit	<input type="checkbox"/>
Camera	<input type="checkbox"/>	Mobile Phone	<input type="checkbox"/>	Books / Magazines	<input type="checkbox"/>



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