

# HOSPITAL BAG Check List

## THINGS FOR MUM

- MATERNITY NOTES + BIRTH PLAN
- NIGHT GOWN FOR GIVING BIRTH
- DRESSING GOWN + PJ'S
- X5 OLD PAIRS OF ANICEERS
- DARK TOWEL
- SLIPPERS & FLIPFLOPS
- COMFY SOCKS
- X2 MATERNITY BRAS
- XS LOOSE COMFY OUTFITS
- MATERNITY PADS
- BREAST PADS
- HAIR BRUSH, HAIR BANDS AND CLIPS
- TOOTH PASTE + BRUSH
- SHAMPOO + CONDITIONER
- DEODORANT + BODY WASH
- MAKEUP + MIRROR
- FACE WASH + MAKEUP REMOVER
- LIP BALM
- PHONE/TABLET + CHARGER
- CAMERA + SD CARDS
- NIPPLE CREAM

## THINGS FOR BABY

- X4 NEWBORN VESTS
- X4 NEWBORN SLEEPSUITS
- X2 PAIRS OF SCRATCH MITS
- 2/3 DAYS WORTH OF NAPPIES
- KNITTED CARDIGAN
- X2 SWADDLE BLANKETS
- MUSLIN CLOTHS
- NEWBORN HAT
- NEWBORN SOCKS
- COTTON BALLS/PADS
- WATER WIPES
- WARM BLANKET TO GO HOME IN
- SET OF 0-3M SIZE CLOTHES INCASE LARGE BABY
- 'DIRTY' BAG FOR CLOTHING
- BABIES FIRST TEDDY
- CUTE OUTFIT FOR PHOTOS
- NAPPY CREAM
- 'IM NEW' MILESTONE CARD
- COAT IF WINTER TIME
- GOING HOME OUTFIT
- CAR SEAT

## THINGS FOR DAD

- X2 CHANGE OF CLOTHES
- JUMPER/HOODIE
- SLEEPING CLOTHES
- SOCKS + UNDERWEAR
- CHANGE FOR PARKING + VENDING MACHINES
- DEODORANT + TOILETRIES
- GLASSES + CONTACTS
- SNACKS + DRINKS
- PHONE/TABLET + CHARGER
- PILLOW