

# Hospital Bag CHECKLIST

## FOR MAMA

- Birth plan
- Hospital notes
- Outfit for giving birth
- Slippers
- TENS machine
- Snacks
- Drink
- Lip balm
- Deodorant
- Shampoo/conditioner
- Shower gel
- Toothpaste & toothbrush
- Regular medications
- Hairbrush
- Hairbands
- PJs for after birth
- Underwear x3
- Nursing bra
- Maternity pads x20
- Going home outfit

## FOR BABY

- Babygro x3
- Bodysuits x3
- Hat
- Scratch mitts
- Blankets x3
- Nappies x15
- Barrier cream
- Wipes
- Muslins x2
- Going home outfit
- Pramsuit/coat
- Bottles/formula (if using)

## FOR DAD

- Change of clothes
- Loose change
- Magazine/book
- Phone charger
- Face mask
- Refillable water bottle
- Snacks
- Travel pillow
- Regular medications & painkillers
- Toiletries - toothbrush, toothpaste, deodorant