

WHAT TO PACK IN YOUR HOSPITAL BAG



FOR HOSPITAL

- ☐ Birth plan
- ☐ Music, stress relievers or other items as part of your birth plan
- ☐ Admission documents, maternity notes
- ☐ Wallet – Medicare card, health fund card



FOR BABY

- ☐ Baby bag
- ☐ Nappies
- ☐ Cotton wool / wipes
- ☐ Barrier cream
- ☐ Change mat
- ☐ Hand sanitiser
- ☐ Nappy disposal bags
- ☐ Singlets, onesies (0000 & 000)
- ☐ Socks
- ☐ Muslin wraps
- ☐ Bibs / burp cloths
- ☐ Nice going home outfit
- ☐ Blanket



FOR DAD TO BE

- ☐ Snacks
- ☐ Change of clothes and undies
- ☐ Enclosed shoes
- ☐ Coins / money for parking and vending machines
- ☐ Phone, phone charger



FOR MUM TO BE

- ☐ Old shirts (for labour)
- ☐ Old/cheap undies (dark colour)
- ☐ Pyjamas, slippers, dressing gown
- ☐ Socks
- ☐ Maternity / wire free bras
- ☐ Maternity pads
- ☐ Breast pads
- ☐ Tops for breastfeeding
- ☐ Comfortable pants / tights
- ☐ Spare clothes
- ☐ Jacket
- ☐ Shoes / thongs
- ☐ Plastic bags for dirty clothes
- ☐ Lip gloss
- ☐ Panadol, Ural
- ☐ Phone, phone charger
- ☐ Camera and charger
- ☐ Toothbrush, toothpaste
- ☐ Shampoo, conditioner
- ☐ Body wash, moisturiser
- ☐ Face wash, face moisturiser
- ☐ Deodorant
- ☐ Makeup
- ☐ Comb, hairbands
- ☐ Water bottle
- ☐ Pen & paper
- ☐ Newborn photography paperwork