

# What To Pack In Your Hospital Bag



## MOM

- Robe x 1
- Pijamas x2
- Birthing outfit
- Socks
- Comfortable underwear
- Some makeup
- Hair ties + toiletries
- Going home outfit
- Shower essentials
- Shower shoes
- Slippers
- Nursing bras x3
- Large water bottle
- Favourite snacks

## BABY

- Going home outfit in 2 sizes options
- Mittens x1
- Socks x1
- Soother x1
- Hat x1
- Swaddle blanket x2
- Car seat + cover
- Diapers x30
- Wipes x1 pack
- Vitamine D drops
- Photo accessories
- 3 extra onsies (just in case!)

## POSTPARTUM CARE

- Tucks: pain relief and haemorrhoid care
  - Large sanitary pads
- OR
- Adult diapers
  - Nipple cream
  - Breast pads
  - Wet bag (to take dirty clothes home in)

## SUPPORT PERSON

- 2 outfit changes
- Slippers + shower shoes
- Bathing suit (to help labour baths)
- Laptop + headphones
- Food + drink
- Pillow + blanket
- Toiletries

## EXTRAS

- Health + Insurance Card
- Wallet
- Camera + videocamera with accessories (ie charger, SD card)
- Cell phone + charger
- Labour pain relief items (ie. lavender lotion, massager, TENS machine)
- Pillow + blanket + nursing pillow