

Hospital Bag Checklist

Labour Essentials

Mother

- ☐ Hair ties
- ☐ Hair brush
- ☐ Toothbrush and paste
- ☐ Deodorant
- ☐ Lip Balm
- ☐ Water bottle
- ☐ Maternity pads
- ☐ Earphones & playlist
- ☐ Comfortable shoes
- ☐ Change of dress
- ☐ Sports bra/Nursing top
- ☐ 3 x pairs of underwear
- ☐ Nightdress or old t-shirt
- ☐ Dark towels

Birth Partner

- ☐ Copies of birth preferences
- ☐ Change of clothes
- ☐ Toothbrush and paste
- ☐ Deodorant
- ☐ Tissues
- ☐ Camera (photo + video)
- ☐ Cash for parking
- ☐ Phones + chargers
- ☐ Hospital contact information
- ☐ Placenta chilling kit
- ☐ Contact information for family, friends, doula

Comfort Measures

- ☐ Massager + oil
- ☐ Essential Oils
- ☐ Hypnobirth tracks
- ☐ Two face cloths
- ☐ Bendy straws
- ☐ Snacks/beverages
- ☐ Labour cloth/wrap
- ☐ TENS machine
- ☐ Pillow
- ☐ Sentimental items (pictures, etc.)
- ☐ LED tea lights
- ☐ Tennis ball(s)

Post Natal Essentials

Mother

- ☐ Comfortable nightdress/pyjamas
- ☐ Maternity pads
- ☐ Nursing bra and pads
- ☐ Nipple cream
- ☐ Magazines/books
- ☐ Toiletries including shampoo, soap, etc.
- ☐ Makeup
- ☐ Placenta specialist information
- ☐ Going home outfit
- ☐ Ear plugs

Baby/Babies

- ☐ 6x Baby vests
- ☐ 6x Babygros
- ☐ 2x Blankets
- ☐ 2x Baby towels
- ☐ 3x Muslin cloths/bibs
- ☐ Disposable Diapers
- ☐ Cotton wool or wipes
- ☐ Going home outfit
- ☐ Car seat