



HOSPITAL BAG CHECKLIST

Preparing for baby's arrival is exciting, scary, emotional, stressful and multiple emotions all mixed into one! So, here at the The Power of Birth we have created a hospital bag checklist for you!

FOR MAMA

DON/T FORGET!

- Phone
- Charger
- Wallet/ID

CLOTHING AND THE LIKE

- Pyjamas
- Undies and bra x 5
- Comfy T-shirt/Pants set
- Socks
- Robe

Thongs/Sandals

- Eye mask
- Hair ties
- Slippers

OTHER

- Snacks
- Vitamins

TOILETRIES

- Deodorant
- Toothbrush
- Toothpaste
- Hair wash
- Body wash
- Skin care
- Brush
- Dry Shampoo
- Hairdryer/iron
- Glasses
- Dependables
- Breast Pads
- Maternity Pads
- Nipple Cream
- Hydrogel Discs

FOR BABY

- Blanket/wrap
- Nappies
- Wipes
- Clothes x 3
- Bottles
- Formula
- Coming home outfit
- Mittens
- Pacifier

FOR PARTNER

- Clothes x 3
- Pyjamas
- Phone/Charger
- Wallet/ID
- Toiletries
- Shoes
- Water Bottle
- Snacks
- Pillows

ADDITIONAL ITEMS

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These items are only a guideline and suggestions for your hospital bag! It is important that you feel safe and comfortable during your hospital stay. You can add, remove and customise it so it suits you!

EXTRA NOTES