



Hospital Bag Check List

Clothing

Loose fitting shirts with buttons for easy breastfeeding
Yoga type pants / leggings
Socks
Slip on shoes
Sweatshirts
Gown
Nursing bras
For labouring in water: bikini or tank or tube top
Clothes for your newborn

Toiletries

Usual toiletries for mom and dad
1 x pack of 12 maternity pads
1 x of stretch maternity panties
1 x pack of linen savers
1 x pack of newborn nappies
Wet Wipes
Bum cream
Vaseline
Cotton wool
Wheeping wound powder or surgical spirits

Other

Extra towels
Face cloths
A bag for dad / partner
Toiletries for dad / partner
Towel and 3 x blankets for baby

Electronics

Music player / Ipod for labour background music
Cameras, cell phones, charges, batteries

Natural aids

Massage oil
Heat pack
Room spray for nice fragrance in room
Candles for atmosphere
Birth affirmations

Food & Drink (general guide)

Water
Coconut water - high in electrolytes or Energy drink
Light snacks like fruit, nut bars , dates
Snacks for dad

Documents

Medical aid card and copy of card
ID and copy of ID
Cash for vending machine
