### Hospital Bag Checklist (Labour / Delivery Bag)

rtable Nightdress g Gown s and / or warm socks s / Hairband (bring plenty) le water bottle oiletries bag with ols for freshening up d relaxation tools (e.g. small fan, facial spritz, oth, eye mask, ear plugs, etc. ) pack / plug and cables hones Kindle / Magazines /	
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Kindle / Magazines /	
pok and Pen	
lownloaded on to phone (e.g. ction Timer, Netflix, etc.)	
uit and towel (if birthing available)	
<b>ABY)</b> Ziplock bag containing 1 vest, 1 sleepsuit, 1 hat, and 1-2 diapers	

### Hospital Bag Checklist (Labour / Delivery Bag)

ltem	Quantity	Packed

#### Hospital Bag Checklist (Post-Delivery Bag)

ltem	Quantity	Packed
Towels		
FlipFlops (for shower)		
Comfy Pyjamas (1-2 sets per day)		
Slippers		
Dressing Gown		
Tolietries (whatever will make you feel good)		
More snacks		
Rehydration solution / salts		
Nursing bras (if applicable)		
Nursing pads and nipple cream (if applicable)		
Peri bottle (if applicable)		
Maternity pads		
Disposable or oversized underwear		
Night light for feeding		

#### Hospital Bag Checklist (Post-Delivery Bag)

ltem	Quantity	Packed
Clothes to wear when going home		
FOR BABY		
Diapers		
Wipes		
Nappy Cream / Vaseline		
Vests		
Sleeps suits / Onesies		
Extra blanket / swaddles		
Muslin cloths		
Cardigan / Jacket to wear home		

### Hospital Bag Checklist (Post-Delivery Bag)

ltem	Quantity	Packed

#### Notes