

# Maternity Hospital Bag Checklist



THE PROCRASTINATING MUM

## Mum

- Birth Plan/Hospital Notes
- Hair bands
- Loose Fitting or Front Opening Nighties/Over Sized T-Shirt
- Dressing Gown
- Slippers/Flip Flops
- Fans/Spray Water Bottle
- Charger/Phone/Kindle/Playlists/iPad
- Glasses or Contacts
- Snacks
- shampoo & conditioner
- Shower gel
- Face wash
- Moisturiser
- Lip Balm
- Toothbrush & Toothpaste
- Deodorant
- Hairbrush
- Towel
- Medication
- Big Pants
- Maternity Pads
- Maternity Bras And Breast Pads
- Nipple Cream
- Nursing Pillow
- Going Home Outfit

## Baby

- Nappies
- Wipes
- Muslins
- Baby Grows
- Vests
- Milk and Bottles
- Blanket
- Hats
- Socks
- Scratch Mittens
- Going Home Outfit
- Car Seat

## Birthing Partner

- Change Of Clothes
- Toothbrush, Toothpaste, Stuff To Freshen Up
- Charger/Phone/Kindle/Playlists/iPad
- Glasses Or Contacts
- Snacks And Drinks
- Pillow

## Notes



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