

hospital bag checklist



You've waited a lifetime for this moment to meet your baby.
But what to pack for this precious first meeting!

Our experienced mamas have put together this handy checklist.
We recommend having your hospital bag packed by week 35 and
placed by the door so it's ready to go.

essentials

toiletries

clothes

for baby

don't forget

the essentials



- birth plan
- hospital / baby notes / pregnancy journal
- medicare card, health insurance details
- phone, camera and charger
- snacks, books, tablet
- baby seat installed by an expert
- portable speaker for your birth playlist
- calming essential oil and diffuser
- small gift for siblings
- water bottle
- hand sanitiser
- breast pump (great chance to have a supervised lesson)

toiletries

- toothbrush and toothpaste
- unscented deodorant
- lip balm
- hair ties / headband / hairbrush
- favourite cleanser, lotion, skincare, bodywash
- shampoo and conditioner or dry shampoo
- nipple balm
- healing peri spray
- clary sage roller (stimulates uterine contractions)
- maternity sanitary pads
- reusable nursing pads

clothes for mum



- 2-3 nursing tops
- comfy lounge set with nursing access
- cardigan or warm jumper
- 3-4 nursing bras and sleep bras (our specialty!)
- hospital gown, robe and nursing pyjamas
- underwear
- comfy socks and slippers plus flats for going home
- flip flops for the shower
- spare plastic bags or laundry bag for dirty clothes
- swimwear tankini if a water birth
- going home outfit

for baby

- 3 soft newborn rompers
- 3 singlets
- 3 muslin wraps
- soft baby beanie / mittens
- newborn nappies and baby wipes
- breathable baby or swaddle blanket
- mild nappy rash/ baby cream (just in case)
- announcement milestone cards or plaque
- announcement outfit
- burp cloths
- sterilised dummy (optional)

extras



pen for filling in forms

don't forget

you've got this mama!

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