



Preparing for birth is a special and emotional time, and having your hospital bag ready can bring a sense of calm as the big day approaches. Our thoughtfully curated checklist is designed to gently guide you through what you'll need—for yourself and baby—so you can feel organised, confident, and more at ease when the moment arrives.

- ☐ pregnancy journal with birth plan
- ☐ medicare card, health insurance details
- ☐ phone, camera and charger
- ☐ hospital gown or loose fitting tee
- ☐ nourishing snacks
- ☐ lip balm, hair ties or headband
- ☐ portable speaker for your birth playlist
- ☐ calming essential oil and diffuser
- ☐ water bottle
- ☐ comfy socks or slippers

- ☐ maternity pads (super absorbent)
- ☐ disposable or dark cotton undies
- ☐ nursing bras or sleep bras
- ☐ loose, comfy clothes or pyjamas
- ☐ dressing gown
- ☐ perineal bottle for gentle cleansing
- ☐ nipple cream and breast pads
- ☐ toiletries (toothbrush, face wipes, deodorant, etc.)
- ☐ face mist or moisturiser
- ☐ sitz bath or soothing postpartum care items
- ☐ going home outfit

for baby

- ☐ soft newborn rompers
- ☐ singlets
- ☐ 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
- ☐ sterilised dummy (optional)
- ☐ car seat (already installed)

optional extras

- ☐ gift for siblings
- ☐ thank you cards for midwives/staff
- ☐ eye mask and pillow
- ☐ book or magazine
- ☐ baby journal
- ☐ extra long phone charging cable
- ☐ pen for filling in forms

don't forget



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