

## Baby Momma's Hospital Bag Checklist

Hospital Bag Item	
<b>Paper Work</b>	
Paper Work to Pack	
Your Medicare card or details	<input type="checkbox"/>
Details of your private health insurance (if relevant)	<input type="checkbox"/>
Ante Natal Card	<input type="checkbox"/>
Birth Plan/Maternity notes	<input type="checkbox"/>
<b>Clothing/Shoes</b>	
1 x Dressing Gown Hospitals are generally a set temperature so it is important if you feel the cold like me to have one packed. Dressing gowns are also great to pop on after showering and give bub something to snuggle in to.	<input type="checkbox"/>
1 x Loose night dress or something similar to wear during labor (often they will give you a gown to wear although if you prefer your own clothing it is important to have something old to donate to the cause in your hospital bag)	<input type="checkbox"/>
3 x Pairs of Loose-Fitting Pyjamas (recommendation- I found that Peter Alexanders range of <a href="#">maternity pyjamas</a> worked great for breast feeding and were very comfortable, also front opening button up pyjamas are great for feeding)	<input type="checkbox"/>
3 x Day Clothes (I found leggings were great with loose baggy tops that could be lifted for feeding. Other's prefer singlets with built in maternity bras.	<input type="checkbox"/>
3 x Socks Socks are great comfort items, especially bed socks if you aren't the type of person to wear a pair of slippers.	<input type="checkbox"/>
1 x Going Home Outfit (a pair of loose fitting pants and loose fitting shirt will often do the trick- remember you will not be your pre-labor size straight after you give birth, your tummy will stick around for a bit longer)	<input type="checkbox"/>
2 x Nursing Bras	<input type="checkbox"/>

6 x pairs of underwear (pack a variety of underwear preferably dark colours because you may have to have an emergency caesarean- some loose fitting and others thick and worthy of holding a thick maternity pad, you can leave your skimpy undies at home!)	<input type="checkbox"/>
1 x Pair of Slippers	<input type="checkbox"/>
1 x Pair of Thongs (I found these great to wear to and from the bathroom)	<input type="checkbox"/>
1 x Pair of Going Home Shoes (Depending on the weather around the time you are due to give birth you may like to pack a pair of enclosed shoes otherwise others are happy to wear a pair of slippers to the car)	<input type="checkbox"/>
<b>Necessities</b>	
Money Maternity wards will often have a vending machine to buy extra snacks if needed and newborn hospital photo shoots are available at some hospitals.	<input type="checkbox"/>
1 x Box of Breast Pads (disposable or reusable breast pads- both do the trick)	<input type="checkbox"/>
Pads, Pads and more Pads (After labor you can bleed up to six weeks and the first few days will be the heaviest so its important to be prepared. The hospital will most likely provide some form of pads although it is best to have your own handy as well. I suggest packing at least two packets of thick maternity pads and a couple of regular pads as well. Tampons are not advised for many weeks after giving birth so its recommended you leave these at home.)	<input type="checkbox"/>
Nipple Cream and Nipple Shields (For the first couple of days breastfeeding can be uncomfortable and its important to have some cream too soothe your nipples. I recommend <a href="#">Lansinoh</a> nipple cream which is also recommended by most midwives. This can be purchased from most local chemists for under \$15.00)	<input type="checkbox"/>
Toiletries A hairbrush, toothbrush, toothpaste, face wipes, makeup (if you are up to it after labor), shampoo, conditioner, soaps, hair elastics, deodorant, hair dryer (can work perfectly for drying sore stitches), towel (if your prefer your own) and tissues	<input type="checkbox"/>
A pump bottle can be useful if you acquire stitches after labor to clean them otherwise most hospital have removable shower heads	<input type="checkbox"/>

Pen and a Notebook (A pen can be hard to come by in the hospital and is very useful for filling out important information when you have some spare time such as birth certificate paperwork. Many people like to record their labor experiences in a notebook or baby book so be sure to pack them as well)	
<b>Comfort/Optional Items</b>	
Lip Balms (believe it or not hospitals can actually be quite drying on your lips and its handy to have a chap stick)	<input type="checkbox"/>
Snacks (who doesn't love a bit of sugar energy especially after such a tiring experience or a midnight snack after feeding bub! Don't forget to pack some rewards for yourself because you deserve it)	<input type="checkbox"/>
Camera (Don't forget to pack your camera to get a few...hundred photos of bubs first couple of days)	<input type="checkbox"/>
Earplugs or headphones (there's nothing worse than getting your baby to sleep so you can as well only to be kept awake by the baby next door. Furthermore some women enjoy listening to music during labor.)	<input type="checkbox"/>
Gossip Magazines (nothing like passing some time while bub sleeps then catching up on the latest Hollywood gossip)	<input type="checkbox"/>
TENS pain relief machine (If you intend on using one you must bring your own with you)	<input type="checkbox"/>
Hand Held Mirror (if you wish to watch the crowning of your new bundle of joy although many hospitals have some mirrors handy)	
Breast Pump- if you have already purchased a breast pump there is no harm in taking it to the hospital just in case you have a heavy supply of milk	<input type="checkbox"/>
Plastic Bags (great to have for dirty clothes that need to be segregated)	<input type="checkbox"/>
Phone and Camera Charger	<input type="checkbox"/>
Breastfeeding Pillow	<input type="checkbox"/>
Swimmers- A swimming top may make you feel more comfortable if a water birth is part of your labor plan	<input type="checkbox"/>
Water bottle	<input type="checkbox"/>
<b>Last Minute Items</b>	

Mobile phone + Wallet	<input type="checkbox"/>
Medication- Don't forget to pack any ongoing medications that you take for example Ural and Elevit	<input type="checkbox"/>
Pillows (hospitals supply pillows although if you prefer your own make sure to grab it before you head to the hospital)	<input type="checkbox"/>
<b>Babies Hospital Bag</b>	
4 x pairs of newborn socks	<input type="checkbox"/>
2 x pairs of mittens	<input type="checkbox"/>
2 x newborn bonnets	<input type="checkbox"/>
4 x newborn singlets	<input type="checkbox"/>
4 x burp clothes	<input type="checkbox"/>
4 x all in one suits	<input type="checkbox"/>
2 x long sleeve snap crutches	<input type="checkbox"/>
1 x coming home outfit (for those who want their newborn to come home in style)	<input type="checkbox"/>
25 x newborn nappies (This is my recommendation for an average four day stay as a newborn can go through up too twelve per day. You may choose to pack more or less depending if you choose to use disposable or reusable nappies. For my son I used <a href="#">Huggies</a> and found they worked well without any leakage)	<input type="checkbox"/>
20 x nappy bags (great for disguising the smell of those first newborn poos)	<input type="checkbox"/>
2 x bunny rugs	<input type="checkbox"/>
2 x muslin wraps	<input type="checkbox"/>
1 x warm blanket	<input type="checkbox"/>
1 x baby towel first babies first bath (generally a midwife will assist you in giving your newborn their first bath on day two or three)	<input type="checkbox"/>

1 x soft baby face washer	<input type="checkbox"/>
Cotton wool- perfect to use in the bath for gently cleaning your newborn and for drying umbilical cord	<input type="checkbox"/>
Body wash and lotions, Bepanthen or similar	<input type="checkbox"/>
Bottles and formula- If you plan on bottle feeding ensure you pack the essentials	<input type="checkbox"/>
1 x Dummy (just in case)	<input type="checkbox"/>