

Mama Box Australia's

ULTIMATE HOSPITAL BAG CHECKLIST

What to pack for labour and delivery

THINGS FOR MAMA

- BIRTH PLAN
- PILLOW
- PYJAMAS + DRESSING GOWN
- X5 KNICKERS
- X2 MATERNITY BRAS
- THONGS/SLIPPERS + SOCKS
- X3 LOOSE COMFY OUTFITS
- MATERNITY SANITARY PADS
- BREAST PADS
- PERINEUM MASSAGE OIL
- LABOUR OIL
- ICE PERINEUM STRIP + BREASTPADS
- NURSING TEA + TRAVEL CUP
- EYE MASK + EAR PLUGS
- WATERBOTTLE
- ELCTROLYTE DRINK + SNACKS
- BREASTPUMP + BOTTLE
- HAIR BRUSH, HAIR BANDS + CLIPS
- TOOTHPASTE + TOOTHBRUSH
- SHAMPOO + CONDITIONER
- DEODORANT, LIP BALM + BODYWASH
- PHONE/TABLET + CHARGER
- NIPPLE CREAM

NOTES

THINGS FOR BABY

- X4 0000 OUTFIT
- X4 000 OUTFIT
- ANNOUNCEMENT OUTFIT
- GOING HOME OUTFIT
- NAPPIES + WIPES
- NEWBORN HAT, MITS + SOCKS
- BREAST PUMP + BOTTLE
- X2 SWADDLE MUSLIN CLOTHS
- BURPING CLOTHS
- DUMMY + BIBS
- BABY NAIL TRIMMERS
- WARM BLANKET
- BABY BOOK
- "DIRTY" BAG FOR CLOTHING
- COTTON BALLS/PADS
- TEDDY OR COMFORTER
- BABY BALM
- MILESTONE CARDS
- CARSEAT INSTALLED

THINGS FOR PARTNER

- X2 CHANGE OF CLOTHES + JUMPER
- PYJAMAS
- TOILETRIES + DEODERANT
- PHONE/TABLET AND CHARGER
- GIFT FOR OTHER SIBLING(S)
- UNDERWEAR + SOCKS
- PILLOW
- SNACKS + WATER
- MONEY/CHANGE
- IDENTIFICATION

