

WHAT TO PACK IN YOUR HOSPITAL BAG

MUM

- Going home clothes
- Old t-shirt or nightie for labour
- Loose, comfortable clothing
- Maternity bra
- Slippers
- Thongs
- Socks
- Sleepwear
- Dressing gown
- Warm jumper or cardigan
- Cheap or disposable undies(black is best!)
- Maternity sanitary pads
- Button-up shirt for breastfeeding
- Breastfeeding pads
- Hairband and hairbrush
- Moisturizer
- Lip balm (you'll definitely need this!)
- Makeup (if you wish)
- Nipple cream
- Shower essentials
- Toothbrush and toothpaste
- Ural (so it doesn't sting when you wee!)
- Glasses or contact lenses

PARTNER

- Change of clothes
- Toiletries
- Pillow

PAPERWORK

- Medicare card
- Hospital paperwork
- Antenatal card
- Birth plan (if applicable)
- Insurance details (if applicable)

BABY

- Nappies (8-10 per day)
- Baby blanket
- Baby wipes
- Baby clothes
- Onesie
- Hat
- Spew rags
- Booties or socks

GENERAL

- Music
- Camera
- Phone
- Phone charger
- iPad/tablet
- Books and magazines
- Snacks and drinks
- Headphones
- Eye mask and ear plugs