

Hospital Bag

Checklist

For Labour

- Birth preferences list
- Vision board/ affirmations
- Music/ hypno tracks
- Speakers/ headphones
- Essential oils/ diffuser
- Tens machine
- Heat pack
- Massage oil
- Hair tie/ clip
- Lip balm
- Face mist
- Pillow
- Bathers
- Water bottle
- Lollies/ snacks
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For Hospital Stay

- PJs
- Dressing gown
- Slippers
- Thongs
- Maternity underwear
- Maternity pads
- Breast pads
- Nipple shields
- Nipple pads
- Nipple cream
- Face wipes/ cleanser
- Moisturiser
- Toothbrush/ paste
- Hair brush
- Shampoo & conditioner
- Dry shampoo
- Body wash
- Going home outfit
- Makeup

For Baby

- Newborn onesies
- Prem onesies
- Booties/ socks
- Beanie
- Nappies
- Wipes
- Swaddles/ blanket
- Burp cloth
- Dummy
- Announcement plaque
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