



# BABY PRODUCT GURU

## Hospital Bag Checklist

### FOR MUM

- Medicare & private health insurance information
- 2 x nursing nightware
- Old nightware or T-Shirt to wear during birth
- 1 x dressing gown
- 1 x slip on flats, sandals or thongs
- 6 x comfortable cotton underwear
- Disposable briefs
- Tracksuit or other comfy pants
- Cardigan or wrap
- Nursing Bra
- Going home outfit

### TOILETRIES

- Nursing Pads
- Maternity Pads
- Tissues
- Soap / Body Wash
- Deodorant
- Hairbrush, elastics & hairdryer
- Lip balm
- Makeup
- Facial & body moisturiser

### OPTIONAL EXTRAS

- Music to listen to
- Massage oil for labour
- Heat packs for labour
- Notepad & pen to write down who gave gifts
- feeding cloths

### FOR BABY

- Fitted carseat
- Nappy Bag
- Nappies (newborn)
- Wipes
- Baby body suits
- Baby sleep suits
- Scratch mittens
- Baby hat
- Baby blanket
- Baby wrap

### FOR SUPPORT PERSON

- Phone & charger
- List of people to contact
- Camera or video camera
- Snacks & drinks

xo Carolyn Webster 