



# Hospital Bag Checklist

Packing for the big day? We've got the checklist to help you bring everything you'll need—and nothing you won't—for labour, delivery, and that first magical cuddle.



## For Mum

- ☐ Nappy Bag (*prepped for baby's essentials*)
- ☐ Milestone Book or Keepsake Journal
- ☐ Supplements (*as advised by your healthcare provider*)
- ☐ Ice / Heat Pack (*for labour & postpartum comfort*)
- ☐ Nursing Bras (2–3)
- ☐ Postpartum Pads (*heavy-duty, hospital-recommended*)
- ☐ Nipple Balm
- ☐ Nipple Covers
- ☐ Milk Collector
- ☐ Sleepwear (*easy access for feeding*)
- ☐ Robe (*lightweight and comfortable*)
- ☐ Slippers / Slip-on Shoes
- ☐ Toiletries (*toothbrush, toothpaste, deodorant, skincare, dry shampoo, hairbrush, lip balm*)
- ☐ Hair ties or headband
- ☐ Phone charger (*extra-long cord if possible*)
- ☐ Snacks & water bottle
- ☐ Any birth plan or medical paperwork



## For Baby

- ☐ Onesies (2–3, *newborn + 0–3m*)
- ☐ Singlets (2–3)
- ☐ Beanies (1–2)
- ☐ Socks / Booties (1–2 pairs)
- ☐ Comforter or small soft toy
- ☐ Pacifiers (*if planning to use*)
- ☐ Wraps / Swaddles / Blankets (2–3)
- ☐ Nappies (*newborn size, pack of ~10*)
- ☐ Wipes (*fragrance-free, travel pack*)
- ☐ Going-home Outfit (*weather-appropriate and adorable*)



## Keepsakes (Optional but Sweet)

- ☐ Milestone cards
- ☐ Inkless footprint kit or handprint pad
- ☐ “Hello world” sign or custom name card
- ☐ Small photo prop or outfit for first photos

