

Hospital Bag checklist

Pack early, that's our motto. Many moms leave it to the last minute and arrive with a few things in a plastic bag. Below is a general list – add what you feel you may need.

For Mom...

- Lots and lots of undies
- Warm socks
- Maternity bras/tanks
- Comfy pants
- Warm tops
- Slippers
- Robe
- Shoes for the shower
- Nipple cream
- Breast pads
- Maternity pads
- Toiletries
- Lipbalm
- Phone and phone charger
- Cord Blood Collection Kit
(if you are registered with Cells for Life)

For baby...

- 5 onesies
- 5 pyjamas
- 3 large wraps for swaddling
- Newborn hat
- Baby blanket
- Diapers and Wipes

- A car Seat

General...

- Health card/Health insurance card
- Copy of birthplan
- Snacks
- Music playlist/speakers

For partner...

- Change of clothes
- Toiletries
- Pyjamas (if staying overnight)
- Phone and phone charger
- Camera and charger
- Video camera and charger

Other...

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