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.

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 Lip balm Phone and phone charger Cord Blood Collection Kit (if you are registered with Cells for Life) 5 onesies 5 pyjamas Newborn hat Baby blanket Diapers and Wipes A car Seat General Health card/Health insurance card Copy of birthplan Snacks Music playlist/speakers
Maternity bras/tanks 3 large wraps for swaddling Comfy pants Newborn hat Warm tops Baby blanket Slippers Diapers and Wipes Robe A car Seat Nipple cream A car Seat Breast pads Maternity pads Toiletries Lip balm Phone and phone charger Health card/Health insurance card Cord Blood Collection Kit Copy of birthplan (if you are registered with Cells for Life) Snacks
Maternity bras/tanks ☐ 3 large wraps for swaddling ☐ Newborn hat ☐ Newborn hat ☐ Newborn hat ☐ Baby blanket ☐ Diapers and Wipes ☐ A car Seat ☐ Nipple cream ☐ Breast pads ☐ Maternity pads ☐ Toiletries ☐ Lip balm ☐ Phone and phone charger ☐ Cord Blood Collection Kit ☐ (if you are registered with Cells for Life) ☐ Snacks 3 large wraps for swaddling Newborn hat ☐ Newborn hat
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For partner Change of clothes Toiletries Other
Pyjamas (if staying overnight)
Phone and phone charger
☐ Camera and charger
☐ Video camera and charger

