



## Hospital Bag Checklist

### **Baby clothing and accessories**

2 sleepsuits  
2 long sleeve vests  
Cotton Hat  
Scratch Mitts  
Bib  
Cotton Socks  
Car seat

### **Baby Essentials**

Naty Newborn Size 1 Nappies (8 nappies)  
Naty Eco Sensitive Wipes (20 pack)  
Sudocrem (30g)

### **Mother Essentials**

Crabtree & Evelyn Verbena and Lavender Set  
(shower gel, shampoo, conditioner, body lotion,  
Hand Therapy)  
Colgate Travel Toothbrush and Toothpaste  
Dove Deodorant (Travel Size)  
Simple Facial Wipes (7 wipes)  
Hairbrush and Hair Ties (x2)  
Natracare Maternity Pads (10 pack)  
Naty Eco Breast Pads (8 pads)

### **Add any other items here:**

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### **Other items you may wish to add :**

#### **General items**

Hospital Notes and Birth Plan  
High energy snacks and drinks  
Camera and charger  
Phone and charger  
Music for birth  
TENS machine  
Change for parking/vending machines  
Change of clothes & toiletries for birth partner

#### **For Baby**

Muslins  
Blanket

#### **For Mother**

Old nightshirt (for birth)  
Old towel  
Nightshirt or Pyjamas (front opening)  
Slippers/flip flops  
Leaving hospital outfit (comfortable maternity clothes)  
Make Up (including lip balm)  
Pack of inexpensive/disposable knickers  
Nursing Bras x 2  
Dressing gown (lightweight)

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