



Hospital Bag Checklist

A handy checklist to help you remember the essentials

For Baby		For Mother	
Pack of Newborn Nappies (hospitals in Australia do provide this for you)		Mini Milli free size t-shirt	
3 Sleepsuits, 3 vets and mittens		2 Nightdresses with front opening	
Nappy sacks, nappy cream, baby lotion		Dressing Gown/Robe/slippers or flip flops or thongs/bath robe	
Nappy sacks, cotton wool, baby bath		Maternity/Sanitary Pads	
Muslin cloths and babywraps		Cheap or disposable pants	
For The Delivery Room		Nursing Bra and breast pads	
Mini Milli Towelling Wrap		Bath towel and face towel	
Slippers/thongs/flip flops		Thick warm socks	
Warm throw		Clothes to go home in	
Address book and/or Journal		Documents/Medical	
Mini Milli Laundry Bag		Medicare Card and ID like Driver's licence	
Coin Purse – big enough to fit jewellery.		Birth Plan/emergency contact/health notes	
Camera – digital and film		Address book with contact numbers	
Nightdress with front opening		Birth Announcements and postage stamps	
Address book and/or Journal		Blank Journal with Pen for those quiet time at the hospital	
Extras		Prescription and general drugs	
Books/Magazines		Grooming	
Watch/little clock		Cosmetics – brush, comb, hair tie, lip gloss, blush, face and hand cream. Don't forget Chap stick for dry lips.	
Thermo Mug just for mum		Deodorant, body lotion, hand-cream, facial cream.	
Extra Pillow		Bath Gel useful in the shower	
iPOD/mobile phone		Facial wipes and tissues	
		Add Your Items Here	