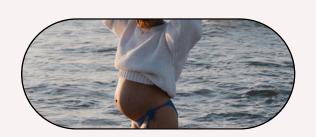
HOSPITAL LABOUR BAG CHECKLIST



BIRTHING WOMAN

Antenatal Card
Comfortable undies x 2 pairs
Maternity Pads x 1 packet
Water bottle with straw
Snacks (coconut water/red frogs)
Playlist
Phone charger
Birthing Comb

Affirmation Cards

BIRTH PARTNER

Phone charger
Small speaker
Fairy lights
High energy snack foods (that can be eaten quietly)
Water bottle
Massage oil
Boardshorts

BABY

2 x zippy outfits
 3 nappies individual
 1 small packet of wipes
 Muslin wrap
 Bottle and Formula (Public Only)

TOILETERIES

Fragrance-free soapHairbrushToothbrush/toothpastePeri bottleShampoo/Conditioner

Camera



OPTIONALS EXTRAS

Airpods/HeadphonesTENS machinePeanut birthing ball

Email: you.birth.education@gmail.com

Website: www.youbirth.com

HOSPITAL POSTNATAL BAG CHECKLIST



SUPPORT PERSON

Frozen meals

Phone charger

High energy snacks

POSTPARTUM WOMAN

- 5 x comfortable outfits
- Light gown open front
- Slippers
- Maternity pads x3 packets extra long and absorbent
- O Breastfeeding singlet/bra x4
- Nipple Cream
- Water Bottle
- High energy snacks
- Nipple gel pads (place in refrigerator)

O Small lamp/night light (warm light)

OPTIONAL EXTRAS

- Silvertes (nipple care discs)
- Baby wash
- Small desk fan (summer)

BABY

- O Nappies Newborn 1 x 25 packet
- Wipes (fragrance free)
- Nappy cream
- O Singlets x 8
- O Zippy Onesies (zipper from both ends x 8)
- O Soft blanket with stretch x 3
- Cotton tips (umbilical cord care)

