

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
- Camera

BABY

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

TOILETERIES

- Fragrance-free soap
- Hairbrush
- Toothbrush/toothpaste
- Peri bottle
- Shampoo/Conditioner



OPTIONALS EXTRAS

- Airpods/Headphones
- TENS machine
- Peanut birthing ball

HOSPITAL POSTNATAL BAG CHECKLIST



POSTPARTUM WOMAN

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

BABY

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

SUPPORT PERSON

- Frozen meals
- High energy snacks
- Phone charger

OPTIONAL EXTRAS

- Small lamp/night light (warm light)
- Silvertes (nipple care discs)
- Baby wash
- Small desk fan (summer)

