### Hospital Bag Checklist

#### For You

**Clothes**
- [ ] Loose t-shirt or nightie for birth
- [ ] Comfortable sleepwear and dressing gown
- [ ] Loose, comfortable day clothes
- [ ] Plenty of comfortable underwear

**Toiletries**
- [ ] Glasses/contact lens
- [ ] Hairbrush and hair ties
- [ ] **Toiletries**: Tooth brush & toothpaste, deodorant, soap/body wash, shampoo, conditioner, moisturiser
- [ ] Lip balm
- [ ] Eye drops (air conditioning can dry your eyes out)
- [ ] Face cloth
- [ ] Breast pads and nipple cream
- [ ] Medications you are taking
- [ ] Maternity pads

**Extras**
- [ ] Copy of your birth plan
- [ ] Tasty snacks for example fruit, crackers, muesli bars
- [ ] Bottles of water
- [ ] Mobile phone and charger
  (with contacts of people to call after birth)

- [ ] Camera with charger
- [ ] Pen and notebook
- [ ] Wallet with cash/credit cards.
- [ ] Plastic bags for dirty clothes.
- [ ] Music player/magazines

#### For Baby

- [ ] Car capsule
- [ ] Baby blankets and wraps
- [ ] Baby body suits/singlets
- [ ] Baby sleepsuits
- [ ] Warm cardigans/outer layer
- [ ] Socks/Booties
- [ ] Warm hat

- [ ] Going home outfit
- [ ] Bottles and formula if you plan to bottle feed

**Usually supplied by the hospital:**
- [ ] Newborn nappies
- [ ] Baby wipes
- [ ] Baby wash cloth