



Essentials Hospital Checklist

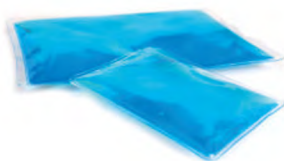
 newborn baby

Clothing:

- Post Birth Outfit
- Maternity Clothes to Come Home
- 2 x Wide Leg Pants
- 3 x Maternity Singlets/Maternity Bra
- 2 x Loose T-Shirts
- 1 x Recovery Shorts
- 1 x Compression Socks
- 2 x Maternity or Comfortable PJ's
- 6-8 x Pairs of Large Black Undies
- 1 x Hoodie
- Socks
- Slippers
- Thongs



Healing & Hygiene



- 2 x Packs of Maternity Pads
- 1 x Box of Nursing Pads
- Tissues
- Gel Ice Packs for Healing Post Birth
- Water Based Flushable Wipes
- Nipple Cream
- Heat Packs to Aid with Letdown
- Breastfeeding Multivitamins
- Hemorrhoid Cream



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Personal:

- Basic Toiletries/Shower Essentials
- Glasses/Contacts
- Feeding Pillow
- Hand Cream
- Lip Balm
- Dry Shampoo
- Throat Lozenges
- Face Washer
- Metamucil/Gentle Laxative
- Bio Oil



Baby:



- 4 x 0000 Onesies
- 4 x 000 singlets
- 1 Pack Newborn Nappies
- 1 Pack Dry Wipes/Baby Wipes
- 2 x Bunny Rugs
- 2 x Muslin Wraps
- 2 x Beanies
- 1 x Blanket
- 1 x Soft Baby Bath Towel
- Going Home Outfit
- Baby Capsule Professionally Installed



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Dad:

- Change of Clothing
- Basic Toiletries
- Comfortable PJ's
- Thongs
- Phone + Charger



Entertainment & Food:



- 2 x Packlpad/Laptop + Chargers
- Camera + Charger
- Book/Magazines
- Meditative Music During Labour
- Snacks for Labour - Jelly Beans/Nuts
- Breastfeeding Snacks
- Large Water Bottle with Wide Neck to Add Ice

Paperwork:

- Picture of Mum + Dad for Cot ID
- Health Insurance Card if Applicable
- Medicare Card
- Personal ID

Top tips from real NBB mums.

Lisa says - Your bowels will be slow post birth- start drinking Metamucil during pregnancy and post birth immediately

Michelle says - You most likely will have sore and cracked nipples for the first week or so - Multi-Mam is the best kept secret! If it wasn't for them I would probably have no nipples left.

Anna says - Great smelling bodywash & shampoo. Made me feel so much better for the day!

Jane says - Read about blocked milk ducts and mastitis before birth. Ultra sound treatment in the hospitals are the best!

Jackie says - Hairdryer - a great tip from my nurse. A hairdryer is great for gently soothing and drying down there.

Rachael says - Take with you a large water bottle. You will be extremely thirsty when breastfeeding.