



newborn baby

# HOSPITAL CHECKLIST

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## ESSENTIALS FOR MUM

Comfortable clothes for labour & coming home

- ☐ Wide Leg Pants
- ☐ Nursing/Maternity Bra
- ☐ Loose T-Shirts & Nursing Singlets
- ☐ Comfy socks & compression socks
- ☐ Comfy PJ's & Robe
- ☐ 3-4 pairs of comfy, supportive high-waisted undies
- ☐ Comfy jumper/hoodie
- ☐ Slippers & Thongs
- ☐ Earpods to listen to your favourite tunes



TWO-WAY ZIP FRONT MEANS NO FUMBLING  
ABOUT IN THOSE NIGHT TIME NAPPY CHANGES



### Hot Tip!

Invest in zip up  
coveralls!  
You'll thank us later

CRAFTED FROM CERTIFIED  
ORGANIC COTTON, THESE  
CUTE COVERALLS HAVE FOLD  
OVER MITTS & COVERED  
FEET, MAKING THEM EXTRA  
COMFY AND COSY FOR  
YOUR LITTLE ONE!

## HEALTH & HYGIENE

- ☐ Rite Aid Nursing Pads
- ☐ Rite Aid Hydrogel Breast Discs
- ☐ Maternity Pads or Postpartum panties
- ☐ Tissues
- ☐ Soothing Postpartum Ice Pack by Viva la Vulva
- ☐ Peri Bottle
- ☐ Water Based Flushable Wipes
- ☐ Post Birth Spray to sooth intimate area
- ☐ Breastfeeding Vitamins & Supplements

## PERSONAL CARE

- ☐ Basic Toiletries/Shower Essentials
- ☐ Lip Balm
- ☐ Dry Shampoo
- ☐ Throat Lozenges or boiled sweets
- ☐ Face Washer
- ☐ Drink bottle with straw
- ☐ Tens Machine to reduce pain during birth





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## BABY ESSENTIALS

- ☐ Pack Newborn Nappies
- ☐ Washed Onsies (Full length zip ups are our fave!)
- ☐ Washed Singlets (Plan for 2 per day)
- ☐ Baby Wet Wipes
- ☐ Cotton Cleansing Pads
- ☐ A couple of muslin wraps
- ☐ Beanie set
- ☐ A cosy blanket
- ☐ Going Home Outfit
- ☐ Baby Capsule Professionally Installed

## FOR SUPPORT PERSON

- ☐ Change of Clothing
- ☐ Basic Toiletries
- ☐ Phone + Chargers
- ☐ Tablet with pre-downloaded films & music
- ☐ Some snacks & food
- ☐ Book/Magazines



## PAPERWORK & ID

- ☐ Medicare & Health Insurance Card if applicable
- ☐ Personal ID
- ☐ Your antenatal record/card



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