

Hospital Bag Checklist



For Me:

- 1 x Birth Ball
- 1 x Breast pump and bottles
- 1 x Chapstick
- 1 x Cold pack
- 1 x Flexible straw for drinking
- 1 x Gown
- 1 x Hair brush
- 1 x Headband
- 1 x Hot Bean Bag/ Water bottle
- 1 x Lotion
- 1 x Nipple cream
- 1 x Pack of breast pads
- 1 x Pack of hair elastics and pins
- 1 x Pair of flat shoes
- 1 x Pair of flip flops for shower
- 1 x Pair of slippers
- 1 x Pillow
- 1 x Soap/ Shower gel
- 1 x Stool softener
- 1 x Toothbrush
- 1 x Toothpaste
- 1 x Towel
- 1 x Water sprayer
- 2 x Breastfeeding bras
- 2 x Face cloths
- 2 x Night dresses/ Pyjamas
- 2 x Pack of maternity pads
- 2 x Tennis Balls in a sock
- 3 x Pair of socks
- 5 x Dresses/ comfortable clothing
- 5 x Pairs of disposable panties

Other:

- Camera and Charger
- Money for parking/ vending machine
- Bank cards for unexpected costs
- Headphones
- Reading material
- Snacks, juice, water or gum

For Baby:

- 1 x Baby shampoo
- 1 x Baby soap
- 1 x Bottle of surgical spirits
- 1 x Breastfeeding pillow
- 1 x Cap/ Hat
- 1 x Diaper cream
- 1 x Lotion
- 1 x Pacifier
- 1 x Pack of cotton wool
- 1 x Pack of new born sized diapers
- 1 x Pack of wipes
- 1 x Tin of Formula
- 1 x Towel
- 2 x Baby Blankets
- 2 x Face cloths
- 3 x Burp cloths
- 5 x Baby grows/ Crawlers/ Onesies with sleeves and feet
- 5 x Baby vests

Important:

- 1 x file/binder/folder for hospital documentation
- 1 x Hospital admission forms and information
- 1 x Identity or Social Security documentation
- 1 x Insurance or Medical Aid card
- 1 x Pen to fill out forms
- 4 x Copy of birth plan

Additions:

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