

# What to bring in your hospital bag

## For mum

- Comfortable PJ's and loose nightie
- Dressing gown
- Cardigan
- Comfortable, feeding friendly clothes (*oversize tees and loose fitting button up shirts and dresses are great*)
- Loose underwear
- Maternity pads
- Nursing bras
- Nursing pads
- Nipple cream
- Socks
- Slip on shoes
- Slippers
- Phone and charger
- Going home outfit

## For support person

- Insurance information
- Medicare details for mum
- Birth plan
- Driver's license
- OB contact information
- Cash and card
- Phone numbers for families and friends
- Text message list
- Phone and charger
- Installed baby capsule
- Change of clothes and shoes
- Button down shirt
- Swimwear for water birth
- Cardigan
- Water bottle

## Optional extras

- Laptop
- Milestone cards
- Eye mask
- Headphones
- Lollies and snacks
- Contact lenses/glasses
- Book or magazine

## For baby

- Going home outfit
- Socks
- Singlets
- Onesies
- Nappies (*8-10 per day*)
- Burping cloth
- Swaddles
- Pack of wipes
- Nappy balm

## Toiletries bag

- Moisturiser
- Dry shampoo
- Mini shampoo and conditioner
- Basic makeup
- Lip balm
- Face mist
- Hand sanitiser
- Hair brush and hair ties
- Deodorant
- Cleanser
- Toothbrush and toothpaste

