



Hospital Bag List

Mum

- Comfortable/loose clothes
- Pyjamas
- Maternity bras
- Comfortable underwear
- Shoes to wear home
- Water bottle
- Maternity pads
- Lip balm
- Toiletries
- Phone charger
- Burp cloths
- Snacks; Pack yourself lots of snacks to have for your stay in hospital.
- If Breastfeeding: Feeding tops/singlets, hydrogel breast discs, nipple cream

Baby

- Size 00000 or 0000 clothing
- Beanie
- Swaddle blankets
- Wipes
- Nappies
- Formula and bottles (if not breastfeeding)

Documents

- Photo ID
- Health insurance information
- Medicare card
- Birth plan (if wanted)

It is important to check what your hospital provides.
Some items listed above may be provided by your hospital.

