

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.

