

my hospital bag

Labour and delivery

- ☐ Medicare card, insurance and paperwork
- ☐ Antinetal card (if you have one)
- ☐ Nightdress or loose t-shirts
- ☐ Dressing gown
- ☐ Sliders or slippers and sock to keep warm
- ☐ Birth ball (if your hospital allows)
- ☐ Comfort food/ snacks
- ☐ Glasses/lenses/hair ties
- ☐ Heat packs
- ☐ Toiletries and tissues
- ☐ Any aromatherapy oils to life your spirits

Baby bag

- ☐ Sleep suits and vests
- ☐ Socks, booties, mittens
- ☐ Outfit to wear on the way home
- ☐ Baby blanket incase it's chilly outside
- ☐ Disposable, reusable nappies
- ☐ Cotton wool or baby wipes
- ☐ Muslin squares or burp cloth
- ☐ Infant car sear (mandatory)
- ☐ Swaddles

Postnatal period

- ☐ Going home outfit
- ☐ Handouts (feeding support/ hospital services/ important guides)
- ☐ Night shirts/ front-opening shirts
- ☐ Arnica cream/ healing cream
- ☐ Clean shower and/or bathtub
- ☐ Eye mask and ear plugs to help you rest in a bright and nois postnatal ward
- ☐ Notepad or journal to track baby's
- ☐ feedings/ jot down questions

Important details

Pregnancy ward contact: _____

Ward / room no.: _____

Name of doctor: _____

Hospital: _____

Name of patient: _____

Emergency numer: _____

Emergency contact name: _____