

hospital bag checklist

FOR LABOUR

- Cell phone and phone charger
- Snacks (muesli bars, barley sugars, crackers, chocolate)
- [OHbaby! magazine](#) / laptop for movies / book
- Drinks (electrolyte drinks, water bottle)
- Music/ Speaker
- Camera
- Dark coloured loose fitting dress
- Bikini (if water birth)
- Any medications you are currently taking
- [Antenatal notes](#) / [OHbaby! pregnancy & baby journal](#)
- [Viva la vulva labour of love kit](#)

NICE-TO-HAVE'S

- Growbright pillows; [body support](#) & [Natalie](#)
- Lip balm
- Wheat bag
- Rescue Remedy
- Pen and paper/small notebook
- Sleeping mask and earplugs
- Soft facial tissues
- [Massage oil - Weleda Stretch Mark Massage Oil](#)
- [Reusable coffee cup](#)

FOR MAMA

Toiletries:

- Hairbrush/comb/Hair ties/clips/headband
- Shampoo and conditioner
- Body wash and sponge
- Face cloths
- Deodorant
- Face moisturiser
- [Body Lotion Skin food by Weleda](#)
- Toothbrush and toothpaste
- Make up
- Sanitary pads
- [Instant cool padsicle by Maia Mum](#)
- [Viva la Vulva labour of love kit](#)

Clothing - think comfortable everything!:

- [Front-opening shirts for breastfeeding from Addison clothing](#)
- [Elastic waisted pants from Addison clothing](#)
- Contact lens supplies/glasses
- Cheap comfy cotton underwear x 10 pairs
- Breastfeeding bras x 3 - [Medela & Ripe](#)
- [Absorbent breast pads](#)
- [Lansinoh HPA Lanolin nipple cream](#)
- [Gel pads for nipples](#)
- [Clothing to wear home](#)
- Slippers and warm socks
- Flip-flops for in the shower

FOR BABY

- [Milan Nappy Bag and accessories - Saben](#)
 - [Edwards & Co Avery Capsule & Base](#)
 - [Wool blankets by living textiles from Baby city](#)
 - [Muslin wraps Little Unicorn range](#)
 - [Cute & Co baby wipes](#)
 - [Cute & Co newborn nappies](#)
 - [Fluffy ducks reusable nappies](#)
 - [Fluffy Ducks wet bag \(for wet nappies\)](#)
 - [Baby wash cloths from Baby City](#)
 - [Newborn-sized dummy](#)
 - [Wool bodysuit from Mokopuna at Baby city](#)
 - [Wool pants or onesie \(size 0000 or 000\)](#)
 - [Wool singlet](#)
 - [Wool socks and booties and beanie set from Mokopuna](#)
 - [Wool cardigan](#)
 - [Going-home outfit from Baby Bunting](#)
 - ~ [Onsie](#)
 - ~ [Cardi](#)
 - ~ [Beanie](#)
 - ~ [Booties and socks](#)
 - [Capsule blanket](#)
 - [Baby oil \(great for cleaning up baby's bottom after meconium nappies\)](#)
 - [Weleda Nappy Change Cream](#)
- Allow for 4 -5 days of changes of baby clothes - great range at [Baby City](#) and [Baby Bunting](#)*