

One Mama Midwife

HOSPITAL BAG

Checklist



The Ultimate Hospital Bag Checklist for every new parent!
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www.onemamamidwife.com

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checklist



FOR LABOUR

- Birth plan
- Fairy lights (and batteries)
- TENS machine
- Heat pack
- Massage oil
- Diffuser and oils
- Speaker to play music
- Comforting items from home
- Comfy socks
- High protein Snacks
- Camera
- Phone chargers (get the long ones)

FOR BABY

- Nappies
- Wipes
- Nappy rash cream (B.Box Body)
- Stretchy swaddles
- Singlets
- Long sleeve onsies (you will go through 2-3 a day)
- Baby socks (TheRY Group)
- Going home outfit
- If choosing to formula feed - formula of choice and bottles of choice
- Carseat or capsule

FOR POSTPARTUM

- Nursing Bras (5)
- Large undies
- Maternity pads or 'Partum Panties'
- Breast pads or Haakaa Ladybug
- TheRY Group compression shorts
- Reusable Ice-packs
- Water bottle with straw
- Toiletries (soap, shampoo, conditioner)
- 'First Shower Pack'
- Gum and prunes for your bowels

SUPPORT PERSON

- Snacks
- Spare clothes & PJs
- Closed in shoes
- Jumper
- Swimmers (if partner is labouring in the bath/shower)
- Airpods, book, laptop or cards
- Toiletries

BOOK YOUR *Antenatal Classes*



Book your One Mama Midwife Antenatal Classes[®] to learn everything you need to know about labour, birth, caesareans, the postpartum period and caring for your baby.

Head to www.onemamamidwife.com