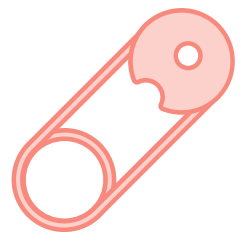


HOSPITAL BAG CHECKLIST

Items you will need for your time in hospital

MOMS BAG

- Birth Plan / Hospital Notes
- Lip Balm
- Clothes to Labor in
- Maternity Pads
- Disposable Postpartum Knickers
- Going Home Outfit
- Nursing Bra
- Breast Pads
- Night Clothes
- Toothbrush
- Towel
- Snacks/ Food
- Cell Phone Charger
- Music
- Slippers
- Hairbrush/ Comb
- Bath Sponge/ Flannel



BABYS BAG

- Diapers
- Wipes
- Sleep Suit
- Vest
- Towel
- Muslin
- Infant Car Seat