



# Hospital PACKING List



## For mum:

- Nightie
- Slippers
- Underwear
- Disposable briefs
- Comfortable clothes
- Pregnancy Pillow / Breastfeeding Pillow
- Nursing Bra
- Nursing Breast Pads
- Nursing Top
- Toiletries – shower gel, shampoo /conditioner, deodorant, toothbrush, toothpaste, lip balm, maternity pads / sanitary towels.
- Towel
- Hair Band or bobbles
- Eye Mask
- Drinks & Snacks
- Music & Player
- Phone & Charger
- Camera & Charger or Batteries (One for daddy to take care of)
- Something to Read
- Change for Car Park (One for daddy to take care of)

## For baby:

- 3 Sleepsuits
- 3 Bodysuits
- Hat
- Mittens
- Bootees
- Socks
- Muslin Square Cloths
- Blanket
- Baby Towel
- Cotton Wool Balls
- Nappies
- Gentle Baby Wipes
- Bottles & Formula (optional)
- Going Home Outfit
- Car Seat

## Notes: