

HOSPITAL BAG *Checklist*

Paperwork:

- Hospital File
- Aadhar Card
- Insurance Papers
- Birth Plan
- Cord Bank Kit

Toiletries:

- Nursing Pads
- Nipple Cream
- Large Sanitary Pads
- Hair Brush
- Hair Ties/ Headband
- Toothbrush
- Toothpaste
- Face Wash
- Face Cream
- Body Wash
- Body Lotion
- Shampoo
- Conditioner
- Hair Dryer
- Deodorant
- Lip Balm
- Glasses
- Contact Lens
- Contact Solution
- Make Up
- Mist Spray
- Laundry Bag

Labour Bag:

- Labour Outfit
- Socks
- 2 Slippers
- Pillow
- Blanket
- Music
- Airpods/Earphones
- Reading Material
- Snack

Baby:

- Nursing Pillow
- Diaper Caddy
- Footed Bodysuit
- Onesies
- Extra Layers if Cold
- Going Home Outfit
- Caps & Mittens
- Muslin Swaddle
- Receiving Blanket
- Bath Towel
- Burp Cloth
- Blanket
- Pacifier
- Baby carry bed
- Diapers
- Wipes
- Vaseline
- Diaper Rash Cream
- Infant Formula
- Car Seat

Recovery Bag:

- Bath Towel
- Bathrobe
- Socks
- Maternity Clothes
- Nursing Bra
- Disposable Underwear
- Large Sanitary Pads
- Flip flops
- Nightgown
- Going Home Outfit

Dad:

- Baby Announcement
- Mobile Phone
- Phone Charger
- Camera
- Camera Charger
- iPad/Laptop
- Change of Clothes
- Towel
- Toiletries
- Comfy Shoes
- Snack
- Money/cash
- Pen & Paper
- Pillow
- Slippers
- Airpods/Earphones