

HOSPITAL CHECKLIST

Hospital bag (make sure it's packed by the beginning of month 8):

- Birth Plan
- Prefilled Hospital pre-registration forms
- Your favorite magazines, books, or anything to pass the time
- Bathrobes, lounge wear, and night gowns. For those breastfeeding, bring nightgowns with a front close
- Your favorite slippers and a few pair of socks
- Towel & hand towel
- Nursing bras
- 3 or 4 pairs of large underwear (Disposable underwear - provided at the hospital)
- Hair clip or elastic
- Maternity napkins - 1 pkt
- Breast pads
- Personal hygiene items - eg. toothbrush, toothpaste, shampoo, conditioner, hairbrush, face soap, deodorant, moisturiser etc
- Tissue box
- Favourite snacks
- Comfortable and loose clothing for the trip home

Dad's bag:

- Camera (fully charged and/or spare batteries)
- Magazines, books, or anything else to pass the time
- The phone numbers and contact information for all you will want to call
- Mobile phone with recharger
- Snacks
- Change of clothes
- Toiletries including toothbrush, toothpaste, shampoo, deodorant, etc.

Babies bag (remember to cater to the number of babies!):

- Diapers – Newborn size
- Vests (size 0000)
- Rompers (size 0000)
- Receiving blankets
- Mittens, booties & beanies
- Infant Carseats
- Wet wipes

Hospital tips:

Keep your babies hospital tags on as long as possible to tell them apart in the first few days. Change to coloured ribbons afterwards.