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WHAT TO PACK IN YOUR HOSPITAL BAG

CHECKLIST:

Documents:

- Medicare Card
- Private Health Card
- Hospital documents
- Birth plan

Toiletries:

- Toothbrush and toothpaste
- Shampoo and Conditioner
- Liquid Soap
- Shower Cap
- Moisturizer
- Make-up and remover
- Razor (optional)
- Hairbrush and hair ties
- 2 towels/2 Washcloths
- 1 pair rubber thongs (to wear in the shower)
- Breast Pads
- Nipple cream(if you plan to breastfeed)
- Maternity Sanitary Pads
- 4/6 pairs of large underwear (ones you don't care about)

NB: Don't forget to bring the car seat before going home as the hospital will not let you take baby home without one)

Clothes:

- 2 pairs pyjamas
- 1 Bathrobe
- Or comfortable clothes
- 1 pair slippers
- 2 pairs socks
- 2 Nursing Bras (if you plan to breastfeed)
- 1 take-home outfit for you (something comfortable yet suitable for photos)

Baby clothes:

- 1 baby take-home outfit
- Warm blanket and hat to wrap baby
- Nappies

Sundry:

- Prenatal vitamins
- 'Phone/charger
- Tissues
- Eye cover
- Plastic bags for soiled clothing
- Snacks
- Magazine/book
- Water bottle
- Camera



WHAT TO TAKE TO HOSPITAL.....