

# Hospital Bag Checklist



COURTNEY DOW | THE CONSCIOUS COVEN

# For Mama

- |  |  |
|--|--|
| <input type="checkbox"/> Comfortable Clothes           | <input type="checkbox"/> Birth Plan / Birth Wishes     |
| <input type="checkbox"/> Pyjamas                       | <input type="checkbox"/> Pillow                        |
| <input type="checkbox"/> Dressing Gown or Cardigan     | <input type="checkbox"/> Affirmation Cards             |
| <input type="checkbox"/> Slippers                      | <input type="checkbox"/> Diffuser                      |
| <input type="checkbox"/> Thongs                        | <input type="checkbox"/> Salt Lamp                     |
| <input type="checkbox"/> Warm Socks                    | <input type="checkbox"/> Battery Operated Candles      |
| <input type="checkbox"/> Nursing Bras                  | <input type="checkbox"/> Breast Pump                   |
| <input type="checkbox"/> Daggy Undies (lots)           | <input type="checkbox"/> Swimwear (for birth pool)     |
| <input type="checkbox"/> Water Bottle & Reusable Straw | <input type="checkbox"/> Toiletries                    |
| <input type="checkbox"/> Phone Charger                 | <input type="checkbox"/> Face Washers                  |
| <input type="checkbox"/> Headphones                    | <input type="checkbox"/> Coconut Oil (or nipple balm)  |
| <input type="checkbox"/> Speaker & Spare Phone         | <input type="checkbox"/> Snacks                        |
| <input type="checkbox"/> Camera                        | <input type="checkbox"/> Eksy/Ice Packs for Placenta   |
| <input type="checkbox"/> Labour Playlist               |  |
| <input type="checkbox"/> Lip Balm                      | <input type="checkbox"/> Essential Oils for Labour     |
| <input type="checkbox"/> Maternity Pads                | <input type="checkbox"/> Essential Oils for Postpartum |
| <input type="checkbox"/> Breast Pads                   | <input type="checkbox"/> Peri Mist                     |

(Click image below for my oils birth kit)



# For Dad

- |  |   |
|--|---|
| <input type="checkbox"/> Comfortable Clothes | <input type="checkbox"/> Pillow                                 |
| <input type="checkbox"/> Pyjamas             | <input type="checkbox"/> Toiletries                             |
| <input type="checkbox"/> Phone Charger       | <input type="checkbox"/> Thongs                                 |
| <input type="checkbox"/> Headphones          | <input type="checkbox"/> Swimwear (if getting in birthing pool) |

# For Baby

- |   |   |
|---|---|
| <input type="checkbox"/> Nappies                            | <input type="checkbox"/> Long sleeve onesies  |
| <input type="checkbox"/> Wipes                              | <input type="checkbox"/> short sleeve onesies |
| <input type="checkbox"/> Terry towel nappies or spew cloths | <input type="checkbox"/> singlets             |
| <input type="checkbox"/> Baby wraps                         | <input type="checkbox"/> Baby Towel           |
| <input type="checkbox"/> Baby blanket                       | <input type="checkbox"/> Face Washers         |
| <input type="checkbox"/> Socks                              | <input type="checkbox"/> Going Home Outfit    |
| <input type="checkbox"/> Mittens                            | <input type="checkbox"/> Coconut Oil          |

# Extra Notes

Have baby capsule properly installed

Remember medicare card & hospital paperwork

Know exactly where to go (some hospitals have car parks especially for birthing mums)

Know when you need to go to the hospital

Have any electrical equipment test/tagged if required

Be clear on your birth wishes (such as lighting, monitoring, position, delayed cord clamping)