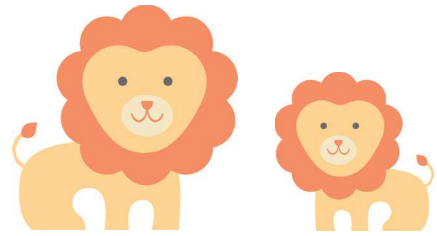




# Hospital Stay Bag Checklist



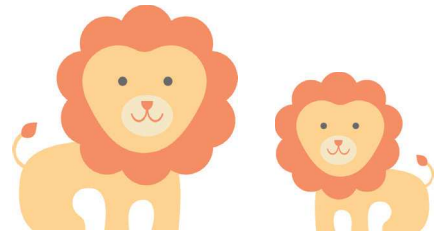
It is a good idea to pack a bag each for you and your baby for the maternity ward. You can leave the maternity ward bags in the car until you need them.

## For You:

- 4 light nightdresses or pyjamas (Button down types if you're planning on breastfeeding. Stick with dark colours.)
- Dressing gown
- 2 Maternity bras / Nursing bras
- Breast Pads
- Nipple Cream (literally a lifesaver)
- Breast Compress Pads (your new BFF)
- Old/cheap underwear (Large high waist ones (granny knickers) are best if you have a C-Section, as you won't want the elastic rubbing your wound)
- Disposable underwear
- Maternity sanitary pads (x lots of)
- Shampoo, conditioner, shower gel (travel sizes are ideal)
- Flip flops (for the shower)
- Toothbrush and Toothpaste
- Deodorant
- Cleanser & Moisturiser
- (Facial wipes are handy)
- Arnica cream / tablets (to reduce swelling, soothe bruising or stitches)
- Hairbrush
- Travel Hairdryer
- Dry Shampoo
- Make-up Bag (Whatever it takes to make you feel human again. Add a few luxuries -you'll be thankful for these little pick-me-ups.)
- Towels (dark colours)



# Hospital Stay Bag Checklist



Remember to wash all baby clothes and blankets with a non-bio detergent before they wear them for the first time to protect their delicate skin.

## For Your Baby:

- 6 Vests
- 6 Babygros
- 2 Cardigans
- Scratch Mitts
- Hat
- Bibs
- Muslin squares
- 2 Towels
- 1 Soft Baby Sponge
- 2 Cot Sheets
- 2 Baby Blankets
- Newborn Nappies
- Cotton Wool
- Nappy Cream
- Nappy Bags
- Nursing Pillow (if you're breastfeeding)

## Going Home:

- Car seat
- Your outfit (keep it loose and comfortable, as you'll still have a bump for a bit)
- Baby's outfit
- All in one baby suit (if the weather is cold)