

Hospital Packing List

Mum

- Pyjamas*
- Comfy undies
(1 size larger than usual)
- Maternity bra
- Toiletries
- Hair tie/clip
- Toothbrush
- 2 packs of Maternity pads
- Warm Jumper
- 2-3 comfy outfits*
- Slippers or socks
- Pillow/BF pillow (optional)
- Phone charger
- Water bottle
- Snacks
- Birth Plan

*Button up tops and loose, high-rise pants are ideal. Try to avoid dresses, as they're quite inconvenient to feed in.

Baby

- 4x 00000/0000 onesies*
- 4x newborn singlets
- 10-15 newborn nappies
- Water wipes
- 2x large swaddles
- Beanie
- Going home outfit
- Expressed breast milk

*Zip-up onesies are best!

Dad

- Warm jumper
- Snacks
- Toothbrush
- Change of clothes
- Closed in shoes