



Hospital Bag Checklist

- Full Panties 1-2 sizes larger than you normally wear
- Comfy Pajamas, breastfeeding friendly
- Nursing Bras, lanolin, breast pads, nursing pillow
- Change of Clothes for you and partner
- Newborn Diapers, wetbag, wipes & spray (if using cloth)
- Cozy Blanket for baby
- 1-2 Sleepers, 1 Outfit, hat, mitts, socks
- Soother
- Pillow & Blanket for partner
- Magazines, books, cards, other activities to pass the time
- Camera and cell & camera chargers or batteries
- Health Card
- Cash and change for the canteen/vending machine
- Toothbrushes, soaps, shampoo, hair brush, makeup, deodorant
- Snacks & Water

