



Mummy On My Mind



HOSPITAL BAG CHECKLIST



FOR MUMMY

- Dressing gown
- Comfy loose clothes
- Night Dresses
- Disposable Underwear
- Sanitary Pads (Heavy Duty)
- Warm Socks
- Slip on slippers
- Snacks and Drinks
- Magazines / Entertainment
- Comb and Hair Ties
- Body Cream
- Lip Balm and Cosmetics
- Toothbrush and toothpaste
- Towel
- Nipple Cream
- Nursing Bra & Breast Pads
- Birth Plan
- Hospital Files/Notes

FOR BABY

- 3 x Onesies
- 2 x Socks
- 2 x Mittens
- 2 x Hat
- 4 x Muslin Wraps
- 2 x Blankets
- Taking Baby Home outfit
- Nappies
- Gentle Wipes / Cotton Wool
- Milk Bottles
- Formula Milk
- Car Seat

FOR OLDER SIBLING(S)

- Gift Hamper from Baby
- Snacks and Water Bottle
- Hospital Activities - Colouring, Puzzles, Toys, Play dough, Board Games
- Nappies and Wipes
- Change of clothes