hospital bag checklist

essentials for mom
- 3 pairs of socks
- slippers
- comfortable shoes
- gown
- 2 sets of pajamas (front-opening)
- 2 sets of comfortable pants / yoga pants
- warm top
- underwear
- 3 maternity bra’s
- 3 nursing tops
- 2 packs of nursing/breast pads
- feeding shawl
- baby time bracelet
- water bottle and snacks
- books and/or magazines
- both parents ID’s
- medical aid card
- birth plan
- going home outfit
- small amount of money

toiletries for mom
- shampoo and conditioner
- soap/bodywash
- face wipes/facial wash
- toothbrush and paste
- body lotion
- lip balm
- hairbrush
- 4 sets of maternity panties
- pack of maternity pads
- quick fix make-up treats
- bath towel and face cloth
- hairdryer
- all chronic medication and vitamins

Baby Sense Feeding Shawl - unique weighted feature to ensure privacy

Baby Sense Taglet - baby’s favourite security blanket

Baby Time Bracelet helps you keep track of feed and sleep times

Baby Sense Cuddlegrow - an extra large 100% cotton blanket

Cellular Blanket ensures extra comfort and softness

Baby Sense Cuddlewrap - the perfect swaddle blanket

electronics
- tablet and charger
- camera and charger
- cellphone and charger

for baby
- going home outfit
- cellular blanket
- 4 newborn babygrows
- 4 newborn vests
- 4 socks
- 2 muslin receivers
- 2 cuddlewraps
- surgical spirits for cord care
- cotton wool
- dummy
- dummy clip
- 1 x pack newborn nappies
- toiletries (i.e. lotion, bodywash, shampoo, bum cream, facecloth, wipes, powder)
- breast milk storage bags / containers
- taglet
- make sure the car seat is properly installed before you leave for the hospital
- cuddlegrow

for dad
- change of clothes
- comfortable shoes
- basic toiletries
- water bottle and snacks

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