



HOSPITAL BAG CHECKLIST FOR MUM

It's nearly go time and you're asking yourself 'What do I pack in my labour hospital bag?' Having a baby can be really overwhelming, so to help you get prepared for your beautiful new arrival we've developed this handy checklist. It's all the essentials you'll need to keep you feeling prepared and comfortable, without the unnecessary overpacking.

Paperwork

- ☐ **Medicare card**, details of your **health insurance** (if you have private insurance) and any **hospital paperwork** you need
- ☐ **Your birth plan and maternity notes**

Clothes

- ☐ **PJs or nursing nightgowns x 2 sets**
1 for labour and 1 for after
- ☐ **Big black underwear**
Loose and comfortable is key
- ☐ **Light robe**
- ☐ **Socks**
Surprisingly, your feet can get cold during labour
- ☐ **Nursing Maternity Bra x 2**
- ☐ **Bag for laundry**
- ☐ **Swimwear**
If you're planning a water birth

Accessories

- ☐ **Slippers**
- ☐ **Maternity pads**
- ☐ **Nipple Pads**
- ☐ **Nipple Cream**
- ☐ **Phone (with camera) and phone charger**
- ☐ **Hair ties & small brush**
- ☐ **Make up**
- ☐ **Dry shampoo**
- ☐ **Toothbrush & paste**
- ☐ **Lollies**
- ☐ **Going home outfit**
Something that fit you around 6 months pregnant

Skincare Products

- ☐ **QV Face Lip Gloss**
Your lips can really dry out during labour!
- ☐ **QV Face wipes**
It can get hot and sweaty during labour
- ☐ **QV Intensive Cleanser**
Perfect for that first shower after delivery. It's super hydrating and fragrance and irritant free, so it won't get between you and baby
- ☐ **QV Intensive Cream**
Great for moisturising and helps replenish your skin after a shower
- ☐ **Deodorant**

Don't forget Dad!

- ☐ **A button down shirt**
For skin-to-skin contact after delivery
- ☐ **A change of clothes**
- ☐ **Swimwear**
If you're planning a water birth
- ☐ **Drink bottle**
- ☐ **Snacks**
- ☐ **Toothbrush**
- ☐ **Loose change**
For car park or vending machine snacks
- ☐ **Entertainment / something to read**

