

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/face 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 Time Bracelet helps you keep track of feed and sleep times



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



Baby Sense Taglet - baby's favourite security blanket



Baby Sense Cuddlegrow - a swaddle blanket designed for the car seat or pram



Baby Sense Muslin Receiver - an extra large 100% cotton blanket



Baby Sense Dummy Clip secures all shapes and types of dummy's