

Hospital go-bag checklist

Easily accessible

- ☐ purse
- ☐ ID
- ☐ medical aid details
- ☐ paediatrician's contact details
- ☐ birth plan (2 or 3 copies)

Making the announcement

- ☐ cellphone
- ☐ charging cable & power bank
- ☐ camera

Staying comfy

- ☐ comfy pillow
- ☐ eye mask & earplugs
- ☐ lip balm
- ☐ lotion

While you wait

- ☐ light reading
- ☐ games
- ☐ music/movie device
- ☐ headphones
- ☐ doctor-approved snacks

Comfy clothes

- ☐ 2 pairs of socks
- ☐ slippers/loose slip-on shoes
- ☐ loose pyjamas
- ☐ bathrobe
- ☐ 2 maternity bras
- ☐ 2-3 pairs of loose panties
- ☐ going-home outfit

Bathroom breaks

- ☐ toothbrush & toothpaste
- ☐ hairbrush
- ☐ deoderant
- ☐ face wipes
- ☐ bath towel
- ☐ slip slops
- ☐ maternity pads
- ☐ nursing pads
- ☐ nipple cream

Welcoming a baby

- ☐ a few newborn and 0-3 months onesies
- ☐ cosy blanket
- ☐ several receiving blankets
- ☐ socks & beanie
- ☐ pram/baby carrier

Ask the hospital if you should bring these

- ☐ 1 pack of newborn nappies
- ☐ 1 pack of 0-3 month nappies
- ☐ unscented baby wipes
- ☐ a few sachets of formula
- ☐ 2 baby bottles
- ☐ breast pump