

# Hospital Bag Checklist

Everything You Need to Pack for Hospital

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For Mum		For Baby	
Maternity Notes		3 Sleepsuits	
Birth Plan		3 Vests	
2 Nightdresses		Pack of Newborn Nappies	
Socks		Nappy sacks	
Dressing Gown		Cotton wool	
Slippers		Nappy cream	
Books/Magazines etc		Baby bath/shampoo	
Camera		Muslin cloths	
Snacks and Drinks		Scratch mitts	
Prescription Drugs		Coat/Shawl/Sunhat as appropriate.	
Lip Balm			
Maternity/Sanitary Towels			
Cheap or disposable pants			
Nursing Bra		<b>Anything Else You Need</b>	
Nipple cream			
Breast Pads			
Clothes to go home in			
Towels			
Toilet bag with toothbrush, soap etc.			
Feeding Equipment			
Paper tissues			
TENS Machine			