

## Pregnancy - Hospital Bag Cheat Sheet

by SpaceDuck (SpaceDuck) via cheatography.com/4/cs/195/

Hospital Bag - Mum		Hospital Bag - Dad/ Birthing Partner		Hospital Bag - General (cont)
Nightie		This List		Towel
Robe		Change of clothes		
Socks		Swim wear if needed		Contact Numbers
Slippers		Cigar/s		Emergency
Knickers		Water/ Food/ Snacks		
Going home clothes				Hospital
Clothes for the birth pool (if needed)		Hospital Bag - Toiletries		
Maternity Pads/ Disposable knickers		Shampoo		Ward
Feeding bra		Conditioner		
Breasts pads		Shower Gel		Doctor
		Flannels/ Wash cloths		
Hospital Bag - Baby		Hairbrush		Midwife
Nappies		Hair bands		
Wipes/ Cotton Wool		Toothbrush		GP Surgery
Hat		Toothpaste		
Mittens		Moisturiser		Birthing Partner
Socks		Deodorant		
Booties		Simple Make up		Next of Kin
Baby Grows		Stool Softener		
Blankets		Hemorrhoid cream		Secondary Emergency Contact
Muslins		Nipple Cream		
Outdoor clothes/ Coat		Face wipes		Taxi company
Hospital Visit - Stuff to do:		Hospital Bag - General		
Fill Car with Petrol		NOTES		
Plan Route		BIRTH PLAN		
Plan Alternative Route		Phone Chargers		
Install Car Seat		Loose change (for pay phones)		
Practice with Car Seat		Camera		
Arrange Care for Other Children		Camera (sd card, charger/batteries)		
Fill Freezer/ Plan a Weeks Food		Music		
		Pillows		
		Money (carpark etc)		
		Snacks		
		Tissues		
		Magazines/ Book		
		Water/ Lucozade		



By **SpaceDuck** (SpaceDuck) cheatography.com/spaceduck/

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