

Hospital Bag - Mum

Nightie	<input type="checkbox"/>
Robe	<input type="checkbox"/>
Socks	<input type="checkbox"/>
Slippers	<input type="checkbox"/>
Knickers	<input type="checkbox"/>
Going home clothes	<input type="checkbox"/>
Clothes for the birth pool (if needed)	<input type="checkbox"/>
Maternity Pads/ Disposable knickers	<input type="checkbox"/>
Feeding bra	<input type="checkbox"/>
Breasts pads	<input type="checkbox"/>

Hospital Bag - Baby

Nappies	<input type="checkbox"/>
Wipes/ Cotton Wool	<input type="checkbox"/>
Hat	<input type="checkbox"/>
Mittens	<input type="checkbox"/>
Socks	<input type="checkbox"/>
Booties	<input type="checkbox"/>
Baby Grows	<input type="checkbox"/>
Blankets	<input type="checkbox"/>
Muslins	<input type="checkbox"/>
Outdoor clothes/ Coat	<input type="checkbox"/>

Hospital Visit - Stuff to do:

Fill Car with Petrol	<input type="checkbox"/>
Plan Route	<input type="checkbox"/>
Plan Alternative Route	<input type="checkbox"/>
Install Car Seat	<input type="checkbox"/>
Practice with Car Seat	<input type="checkbox"/>
Arrange Care for Other Children	<input type="checkbox"/>
Fill Freezer/ Plan a Weeks Food	<input type="checkbox"/>

Hospital Bag - Dad/ Birthing Partner

This List	<input type="checkbox"/>
Change of clothes	<input type="checkbox"/>
Swim wear if needed	<input type="checkbox"/>
Cigar/s	<input type="checkbox"/>
Water/ Food/ Snacks	<input type="checkbox"/>

Hospital Bag - Toiletries

Shampoo	<input type="checkbox"/>
Conditioner	<input type="checkbox"/>
Shower Gel	<input type="checkbox"/>
Flannels/ Wash cloths	<input type="checkbox"/>
Hairbrush	<input type="checkbox"/>
Hair bands	<input type="checkbox"/>
Toothbrush	<input type="checkbox"/>
Toothpaste	<input type="checkbox"/>
Moisturiser	<input type="checkbox"/>
Deodorant	<input type="checkbox"/>
Simple Make up	<input type="checkbox"/>
Stool Softener	<input type="checkbox"/>
Hemorrhoid cream	<input type="checkbox"/>
Nipple Cream	<input type="checkbox"/>
Face wipes	<input type="checkbox"/>

Hospital Bag - General

NOTES	<input type="checkbox"/>
BIRTH PLAN	<input type="checkbox"/>
Phone Chargers	<input type="checkbox"/>
Loose change (for pay phones)	<input type="checkbox"/>
Camera	<input type="checkbox"/>
Camera (sd card, charger/batteries)	<input type="checkbox"/>
Music	<input type="checkbox"/>
Pillows	<input type="checkbox"/>
Money (carpark etc)	<input type="checkbox"/>
Snacks	<input type="checkbox"/>
Tissues	<input type="checkbox"/>
Magazines/ Book	<input type="checkbox"/>
Water/ Lucozade	<input type="checkbox"/>

Hospital Bag - General (cont)

Towel	<input type="checkbox"/>
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Contact Numbers

Emergency

Hospital

Ward

Doctor

Midwife

GP Surgery

Birthing Partner

Next of Kin

Secondary Emergency Contact

Taxi company

