

# HOSPITAL BAG CHECKLIST

- Notes
- Dressing Gown
- Something To Wear During Labour
- Pyjamas
- Dark Towel
- Flipflops or Slippers
- Underwear
- Maternity Pads or Disposable Pants
- Breast Pads
- Fan & Flannel
- Bottle With Straw
- Headphones
- Book
- Pen & Paper
- 'Going Home Outfit'
- Snacks
- Speaker
- Phone & Charger
- Laptop & Charger
- Hairbands & Grips
- Hairbrush
- Straighteners
- Glasses & Contact Lense Kit
- Lip Balm
- Nipple Balm
- Hand Cream
- Makeup & Skincare
- Makeup Remover
- Shower Cap
- Shampoo & Conditioner
- Moisturiser
- Shower Gel
- Unscented Deodorant
- Hand Sanitiser
- Toothbrush & Toothpaste
- Dry Shampoo
- Carrier Bag
- Camera

NOTES