



Hospital Bag Checklist

Hi Parents to be!

Packing the hospital bags? Confused?

I found it so very confusing and confronting when I tried to pack my hospital bags. I found many lists on what to pack, but I couldn't find direct advice on how much to pack! How many onesies? How many singlets? How many wipes? Nappies? Pads?

Needless to say I ended up over packing baby's bag. I packed in case of blow outs, multiple outfit changes a day etc. Seasoned parents will tell you they now go in with only one onesie and their car keys, of course they don't. But often people with more children know the value of packing light and that there is no need for many outfit changes. What you pack and how much of it is totally up to you. Even for the 3 night stay, you don't need to bring a onesie for each day, unless you want to.

If you can, avoid bringing too many bags. You may wish to pack one bag for you and baby or two separate ones. I had a carry-on luggage bag for baby and me post birth with all our things together. I also packed my husband's items and my labour items together in one large duffel bag. This way we brought in one duffel bag during labour for the both of us. Once baby arrived my husband took out the labour bag and brought in the post birth bag.

Over the next few pages I have compiled some tips on packing your hospital bags, and come up with easy to follow checklists.

The first list for baby and mum bag post birth is based on a 6 hour stay. The second list for baby and mum is based on a longer stay. You can play around with the item quantities as well based on the duration of your hospital stay or personal preferences.

Hospital stays vary from hospital to hospital:

- Vaginal Birth: Anywhere from 6 hours - 2 nights
- Caesarean: Anywhere from 2 nights – 3 nights

Ask your hospital / OBGYN what the average stay is post birth. If you wish to go home after 6 hours discuss this as well and your options.

Tips:

- ✓ Pack for Labour and first 6 hours post birth at least, your partner and/or family can always bring in additional items later if needed.
- ✓ If you are being induced or have a scheduled caesarean, you may wish to pack for 2-3 nights.
- ✓ Do NOT pack baby powder. Baby powder is not safe for babies as they can inhale the talcum powder particles which can cause serious lung issues. If you choose to use baby powder, use non talc. To reduce the risk of baby breathing in powder, don't put powder directly onto baby's body, first put the powder into your hands and then put on baby.
- ✓ All clothes, wraps and blankets for baby should be 100% cotton. Cotton is a warm but breathable material and perfectly suited for infants in maintaining their body temperature without trapping heat.

- ✓ Sizing of baby onesies is the tricky part; most newborns will fit into 00000, on some occasions you may have a larger baby requiring 0000. If you think your baby may be on the bigger side, pack one of each size and your partner or family can bring in additional onesies later.
- ✓ With your and baby's toiletries, you should pack travel size items (100ml).
- ✓ Post birth, babies can use 2 – 6 nappies a day in the first few days (usually after the first 24 hours) some babies may only need two nappy in the first 24 hours. The number of nappies in the checklist are a good starting point. If your baby needs extra, your partner and/or family can bring in more. All babies vary, some may need less some may need more.
- ✓ When your water breaks, you will be losing water for the duration of your labour. For this reason you may need to pack 1-2 packs of maternity pads for the labour alone. Pull up pads are also great during this time as they are easier to remove and change.
- ✓ Immediately post birth its common for women to use one pad per hour for the first 12 hours. Don't be surprised if you run through your maternity pads. Pull up pads are great post birth as you don't need to bend over to change pads, are easier to change than underwear and they hold more liquid.
- ✓ Pack the bags and leave them in your boot. That way you don't have to worry about putting them in the car when you go into labour.
- ✓ Once you're at the hospital, take in partner bag and your labour bag during labour/induction. Baby bag and mums' hospital bag can be brought in after delivery.
- ✓ Make sure your baby seat is installed correctly prior to going home with your newborn. Its best to install your baby seat in advance.
- ✓ If during your stay you need any additional items or forgot something, ask your partner and/or family to bring them in. You want to go in confident with your packing, but you don't need to over pack.
- ✓ You can also leave items from your delivery bag for post birth (eg. Eye mask, lip balm, thongs etc).
- ✓ Thongs are great for labour if you're walking around after your waters have broken (so your slippers don't end up wet), and for showers as they reduce your risk of slipping.
- ✓ Some women choose to also pack their own pillow, again this is a personal choice and can be brought to you after delivery.
- ✓ You can also include the birth announcement outfit your baby will wear in the packing quantities or add to it.
- ✓ For those not planning to breastfeed also pack; formula and 2-3 sterilised bottles
- ✓ For those who plan to breastfeed, you may also need to pack bottles: Some hospitals don't provide milk bottles for newborns. Ask you treatment team about this as you may need to pack 1-2 sterilised bottles if your newborn needs to be formula fed.

Baby bag and Mum bag based on 6 hour stay post birth

Partner and Labour bag can be packed as one – Baby and Mum bag can be packed as one

Partner Bag

- | | |
|---|---|
| <input type="checkbox"/> Phone charger (and phone) | <input type="checkbox"/> Change of clothes |
| <input type="checkbox"/> Loose change and money for vending machine | <input type="checkbox"/> Slippers (optional) |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Toothbrush / Toothpaste (optional) |

Labour Bag

- | | |
|--|--|
| <input type="checkbox"/> 1-2 Packs of maternity pads / pull up pads | <input type="checkbox"/> Hair ties |
| <input type="checkbox"/> 2 Loose Nighties or large loose t-shirts
(to wear during Labour) | <input type="checkbox"/> Plastic bag for dirty items |
| <input type="checkbox"/> Thongs | <input type="checkbox"/> Night eye mask |
| <input type="checkbox"/> 1-2 High rise underwear | <input type="checkbox"/> Lip balm |
| <input type="checkbox"/> Medications that you are taking | <input type="checkbox"/> Medicare Card |
| <input type="checkbox"/> Birthing plan (if you have one) | <input type="checkbox"/> Notes / book from your antenatal appointments (if you have one) |
| <input type="checkbox"/> Insurance details (if you have it) | |

Baby Bag (post birth)

- | | |
|---|--|
| <input type="checkbox"/> 1 Baby onesie | <input type="checkbox"/> 1 Pack of Baby Wipes or Cotton Wool |
| <input type="checkbox"/> 1 Singlet | <input type="checkbox"/> 1 Pack of Facewashes |
| <input type="checkbox"/> 1 Pair of Socks | <input type="checkbox"/> 3 Nappies |
| <input type="checkbox"/> 1 Cotton Hat | <input type="checkbox"/> Baby shampoo of your choosing |
| <input type="checkbox"/> 1 Cotton Wrap | <input type="checkbox"/> Baby moisturiser of your choosing |
| <input type="checkbox"/> Formula and 2-3 sterile bottles (if not breastfeeding) | <input type="checkbox"/> Cotton baby blanket |
| <input type="checkbox"/> Baby barrier cream (sudocrem) | <input type="checkbox"/> Dummy / Pacifier (if you wish) |

Mum Bag (post birth)

- | | |
|---|---|
| <input type="checkbox"/> Nipple cream | <input type="checkbox"/> Slippers and socks |
| <input type="checkbox"/> Breast pads, 1-2 pairs (may not be needed) | <input type="checkbox"/> Hairbrush |
| <input type="checkbox"/> Plastic bag for dirty items | <input type="checkbox"/> Shampoo / Soap (optional) |
| <input type="checkbox"/> Comfortable loose change of clothes | <input type="checkbox"/> Toothbrush / Toothpaste (optional) |
| <input type="checkbox"/> 2 Pairs of high-rise underwear | <input type="checkbox"/> Roll on deodorant (optional) |
| <input type="checkbox"/> 1 Pack of maternity pads | <input type="checkbox"/> Phone charger |
| <input type="checkbox"/> Maternity bra | <input type="checkbox"/> Birth announcement sign |
| <input type="checkbox"/> Makeup (if you wish) | <input type="checkbox"/> Phone charger (and phone) |

Consider quantity of items for longer stays

An example of additional amounts for 2 - 3night stay post birth

Baby Bag (post birth)

- | | |
|---|---|
| <input type="checkbox"/> 2 -3 Baby onesies | <input type="checkbox"/> 1 Pack of Baby Wipes or Cotton Wool |
| <input type="checkbox"/> 2-3 Singlets | <input type="checkbox"/> 1 Pack of Facewashes |
| <input type="checkbox"/> 2 Pairs of Socks | <input type="checkbox"/> 12-15 Nappies |
| <input type="checkbox"/> 2 Cotton Hats | <input type="checkbox"/> Baby shampoo of your choosing |
| <input type="checkbox"/> 1-2 Cotton Wraps | <input type="checkbox"/> Baby moisturiser of your choosing |
| <input type="checkbox"/> Formula and 2-3 sterile bottles (if not breastfeeding) | <input type="checkbox"/> Cotton baby blanket |
| <input type="checkbox"/> Baby barrier cream (sudocrem) | <input type="checkbox"/> 2 x Dummies / Pacifier (if you wish) |

Mum Bag (post birth)

- | | |
|--|--|
| <input type="checkbox"/> Nipple cream | <input type="checkbox"/> Slippers and socks |
| <input type="checkbox"/> Breast pads, 5pairs (may not be needed) | <input type="checkbox"/> Hair brush |
| <input type="checkbox"/> Dressing gown | <input type="checkbox"/> Shampoo / Soap |
| <input type="checkbox"/> Thongs | <input type="checkbox"/> Toothbrush / Toothpaste |
| <input type="checkbox"/> 1-2 Pyjamas | <input type="checkbox"/> Roll on deodorant |
| <input type="checkbox"/> Pack of high rise underwear | <input type="checkbox"/> Phone charger (and phone) |
| <input type="checkbox"/> 2 Packs of maternity pads or Pull up pads | <input type="checkbox"/> Plastic bag for dirty items |
| <input type="checkbox"/> 2 Maternity bras | <input type="checkbox"/> Birth announcement sign |
| <input type="checkbox"/> 2x Comfortable loose change of clothes | <input type="checkbox"/> Comfortable loose clothes to go home in |
| <input type="checkbox"/> 2 x Maternity tops / front opening tops | <input type="checkbox"/> Makeup (if you wish) |