

HOSPITAL BAG CHECKLIST (WATER BIRTH)

- **BABY**

- Body suits
- All in ones
- Hat & Mitts
- Bibs
- Going home jacket/pramsuit
- Blanket
- Cotton wool pads/baby wipes
- Nappies
- Nappy cream
- Swaddle blanket
- Empty bottle (optional – to express breast milk into/formula)

- **MUMMY**

- Nighties suitable for nursing
- Dressing gown
- Socks
- Slippers
- Nursing bras
- Yoga pants
- Big T-shirt
- Breast Pads
- Maternity sanitary pads/towels
- Underwear
- Nipple Cream
- Tankini
- Towel
- Pillow & Case
- Camera
- Phone
- Phone charger & portable charger
- Electronics (iPad etc)
- Book/Magazines/Kindle
- Birth plan
- Maternity folder/notes
- Face mist spray (to help keep cool)
- Snacks/Drinks
 - TOILETRIES (travel size)
 - Toothbrush
 - Toothpaste
 - Shampoo & Conditioner
 - Face wipes/wash
 - Soap
 - Body wash
 - Femfresh
 - Face cream
 - Body lotion/cream
 - Deodorant
 - Dry shampoo
 - Shower puff & Cap
 - MAKEUP (optional)
 - Tinted moisturizer/BB Cream/CC Cream
 - Eyebrow pencil
 - Eyeliner
 - Lip balm or Lip tint