

Hospital Bag Essentials

XxBegitta

Separate your bags – 1 bag for birth and 1 wheelee suitcase for hospital. Use packing cubes or different compartments to separate yours and babies items. Use zip lock bags for babies outfits and label so your birth partner can know what is what!

Birth Bag

- Birth Plan/Preferences
- Hospital “Blue Book” (or the likes)
- Battery operated candles
- Headphones/ear pods & playlist
- Laminated Affirmations/Birth Prompts
- Heat packs/ Water bottle
- Swimwear (if water birthing)
- Bra/Underwear (stretchy & comfortable)
- Dress/Nightly or Robe for labour
- Snacks for Both You & Partner
- Water bottle + Straw
- Juice poppers or Coconut water!
- Lip balm
- Hair Ties
- Essential oils (If allowed)
- Receiving blanket
- Onesie for baby upon arrival

For Mama

- ! x Pair Comfy Pjs (feeding friendly)
- 1 x Nighty (feeding friendly)
- 1 x Comfy Robe
- 2 x Nursing or Regular Singlet
- 1 x Cardigan
- 1 x black tights
- 1 x track pants
- 6 x Black knickers (high waisted)
- 2 x pairs socks
- 1-2 soft stretchy or maternity crops
- Slippers
- Going home outfit
- Shoes for going home
- Thongs for shower

Toiletries

- Shampoo/Conditioner
- Shower Gel & loofah
- Face Moisturiser
- Face wipes
- Toothbrush/paste
- Hairbrush
- 1 Pack Maternity Pads
- 1 Pack Depends Disposable underwear
- Lansinoh Nipple Ointment
- Deodorant
- Reusable Bamboo breast pads
- Haemorrhoid cream

For Baby

- Car seat Installed
- 3-4 x New born Onesies
- 2 x Singlets
- Going home outfit
- 10x NB Nappies
- 1 pack water wipes
- 1 x Warm Blanket
- 1 pair Booties/Socks
- 1 pair Mittens
- 1 x Beanie
- Dummie (optional)
- 2 x Bamboo/Cotton Swaddles
- Announcement plaque/outfit
- Soft Toy (optional)

Miscellaneous

- Phone & charger
- Wallet (Cash, Change, Id, Medicare Card)
- Camera, Charger & SD card
- Cosy Pillow & or Blanket
- Travel Coffee Cup
- Breast Shields (optional)
- Ice packs
- iPad & charger
- Clothes for Dad/Birth Partner
- Swimwear for Dad/Partner (Waterbirth)

BEGITTA X THE ATELIER

www.the-atelier.com.au

|. Instagram: @theatelier.au