

# HOSPITAL BAG

## checklist ✓

### FOR YOU

- 2 x PJ's + comfy clothes
- 1 x Robe and/or cardigan
- 2 x Nursing tops/t-shirts
- 3 x Bras
- 6 x Undies
- 2 x Pants/leggings
- Compression tights/shorts
- Slippers or slides
- Travel coffee cup + drink bottle
- Rascal + Friends sensitive wipes  
(to take care of those messy moments)
- Going home outfit
- Breast pads
- Nipple shields + nipple cream
- Makeup + lip balm
- Pads + deoderant
- Hand sanitizer
- Shampoo + conditioner
- Hair ties + hairbrush
- Face wash + cream
- Nursing pillow
- Phone charging cord  
(an extra long cord is handy!)
- Vitamins
- Snacks (lollies, gum, muesli bar)

### FOR BABY

- Car seat installed
- 2 x Warm blankets
- 2 x Muslin cloths
- 3 x Onesies
- Sleeping swaddle
- Going home outfit
- Dummies (optional)
- Socks, booties, mittens
- Singlets + underneath clothes
- Burp cloths
- Rascal + Friends premium diapers 🎉

### PACKING TIPS

- Purchase your first supply of Rascal + Friends premium diapers, and have a few on-hand at the hospital and plenty waiting at home. Your little rascal will poop, a lot!
- Use 'packing bags' to group clothing (For labour, after labour, home outfit). This will make it easier to find things in your bag! Satchels or zip lock bags work well!
- Pre-plan the list of people you want to contact first when baby arrives. You can save this in the 'Notes' section of your phone.

*you got this!*