

# HOSPITAL BAG CHECKLIST

FOR BABY

- NAPPIES
- VESTS
- BABYGRO'S
- HAT
- MUSLINS (LOTS)
- COTTON WOOL OR NATURAL WIPES
- FORMULA (IF YOU BOTTLEFEED)

The Bump Plan

PRE & POSTNATAL FITNESS



# HOSPITAL BAG CHECKLIST

FOR MUM

- YOUR ANTENATAL NOTES
- PHONE CHARGER
- IPAD
- CAMERA
- HEADPHONES
- HAIR TIES
- FACECLOTH & LAVENDER OIL
- BIRTHING BALL & PUMP
- SNACKS & DRINKS
- HOT WATER BOTTLE OR WHEAT BAG
- MUSIC
- YOUR OWN PILLOW CASE
- SOMETHING TO BIRTH IN
- OUTFIT FOR AFTER BIRTH
- SOFT SLIPPERS
- TOILETRIES
- SANITARY PADS
- MATERNITY KNICKERS
- BREASTFEEDING BRAS
- ANYTHING THAT MAKES YOU FEEL CALM

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