

# Hospital checklist for mom's and baby's bags

We suggest you go through this checklist before leaving for the hospital on the big day.

## Mom's bags

- |  |   |
|--|---|
| <input type="checkbox"/> Robe and a couple of nightgowns that button in the front, or nursing gowns if you plan to breast-feed | <input type="checkbox"/> An item to use as a focal point or concentration aid during labour |
| <input type="checkbox"/> Warm socks  | <input type="checkbox"/> Change to buy small items like snacks                              |
| <input type="checkbox"/> Comfortable slippers  | <input type="checkbox"/> Your own pillow from home, if you prefer                           |
| <input type="checkbox"/> Bras or nursing bras  | <input type="checkbox"/> A comfortable going-home outfit                                    |
| <input type="checkbox"/> 4 or 5 pairs of underwear   | <input type="checkbox"/> Health insurance card  |
| <input type="checkbox"/> Toiletries  | <input type="checkbox"/> 1 case ready-to-feed*<br>6 x 120mL                                 |
| <input type="checkbox"/> Pads  |   |
| <input type="checkbox"/> Reading material and music  |   |



## Baby's bags

- |  |  |
|--|--|
| <input type="checkbox"/> Diapers (two diaper pins for cloth diapers) | <input type="checkbox"/> Receiving blanket                               |
| <input type="checkbox"/> Undershirt                                  | <input type="checkbox"/> Going-home outfit                               |
| <input type="checkbox"/> Nightgown and socks or booties              | <input type="checkbox"/> Blankets or outerwear, depending on the weather |
| <input type="checkbox"/> Cap   | <input type="checkbox"/> Bottle  |

**Don't forget the car seat...**

\*Breast milk is recommended as the first infant feeding choice.