

# Checklist: What to pack in your hospital bag.

## For you

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- Antenatal/pregnancy records
- Birth preferences/wishes
- Medicare card
- Healthcare or health insurance card
- Multiple pairs of dark, full-brief underwear
- TOM Organic maternity pads x 3 packets
- A large drink bottle
- Labour clothes: a loose t-shirt, singlet or lounge wear
- Warm woollen socks
- Heat/cold pack
- Slippers or thongs
- Toothbrush, toothpaste and dental floss
- Makeup wipes or baby wipes
- Hairbrush
- Shampoo and conditioner
- Fragrance-free body wash
- Hair ties
- Lip balm
- Face moisturiser
- Body moisturiser
- Deodorant
- Massage oil
- Bluetooth speaker/headphones
- Energy-boosting snacks
- Pyjamas or 'sleep' clothes

## For baby

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- All-in-one, press-stud jumpsuits
- Singlets to put under the jumpsuit
- Breathable, muslin swaddles
- Two beanies
- Socks and mittens (if your jumpsuits don't have them attached)
- Small bottle of organic baby wash
- Baby blanket
- Rear-facing car seat capsule
- Tooshies by TOM newborn nappies

## For your support partner

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- Toiletries
- Change of clothes
- Pyjamas or 'sleep' clothes
- Phone charger
- Energy-boosting snacks