

Holding Mama

PACKING YOUR HOSPITAL BAG

YOUR CLOTHES

- Nursing friendly tank tops, bra and PJs
- Comfy pants
- Slippers
- Flip flops
- Socks

YOUR TOILETRIES

- Toothpaste and toothbrush
- Soap
- Towel
- Lip balm (your lips can get dry during labour)
- Nipple cream
- Any chronic medication

BABY'S CLOTHES

- Baby grows
- Beanie
- Swaddles/blankets
- Muslins

BABY'S TOILETRIES

- Wet wipes
- Nappies
- Bum cream
- Surgical spirits and cotton balls for cleaning the chord

ADDITIONAL

- ID/documents requested by the hospital
- Pacifier/Dummy
- Nursing cushion
- Phone charger and adapter
- Snacks
- Essential oils if desired
- Speaker/earphones