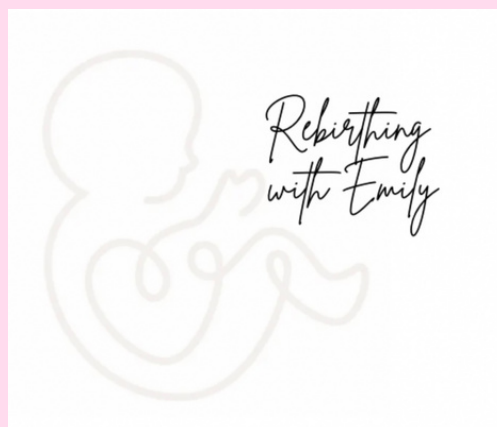


Hospital Bag

CHECK LISTS FOR MUM & BABY



Hospital Bag

CHECK LIST- FOR MUM

Toiletries

- MATERNITY PADS OR ADULT NAPPIES
- HEAT OR COLD PACKS FOR PERINIUM AND BOOBIES
- BODY WASH
- HAIR BRUSH & SCRUNCHIE
- SHAMPOO & CONDITIONER
- DEODORANT
- MOISTURISER
- LIP BALM
- BASIC MAKE UP OR BB CREAM
- BELLY OIL OR CREAM
- FACE WIPES

Underwear & support

- HIGH WAISTED BLACK UNDIES
- MATERNITY BRAS / CROPS
- BREAST PADS
- TUMMY SUPPORT BAND

Tip- If you are going to have c- section ensure the waist band on pants and undies comes up over the wound.

Clothing

- MATERNITY SINGLETS / TOPS
- COMFY PJS
(NIGHTIES ARE GREAT)
- COMFY CLOTHES
LOUNGEWEAR, LEGGINGS OR
DRESSES WITH FEEDING
ACCESS
- THONGS
- A ROBE
- SOCKS

*I highly recommend the
BAREMUM
POSTPARTUM KIT.*



THE KIT INCLUDES →

Includes all of the essentials:

- 1 x Perineal Wash Bottle
- 1 x Pair of Postpartum Briefs
- 10 x Herbal Infused Postpartum Pads
- 1 x Warm & Cool Insert
- 150ml Perineal Foam



Hospital Bag

CHECK LIST- FOR BABY

CLOTHING

- PREMMIE SIZE ONESIES (JUST IN CASE)
- ROMPERS OR WONDERSUITS (NB SIZE)
- BASIC LONG SLEVE ONESIES
- BEANIE
- BOOTIES AND MITTENS
- ANNOUNCEMENT PHOTO OUTFIT
- GOING HOME OUTFIT
- LOVE TO DREAM SWADDLES
- JERSEY WRAPS

BABY CARE

- NEWBORN NAPPIES
- FRAGERNCE FREE OR WATER WIPES
- BABY WASH (IF YOU PLAN TO BATH BABY)
- DUMMIES (2 DIFFERNT TYPES)
- BOTTLES AND FORMULA (IF YOU ARN'T PLANNING TO BREASTFEED)
- BREASTPUMP



OTHER BABY THINGS

- BIRTH PLAN / BIRTH WISHES
- BREASTFEEDING PLAN
- BOOK, MAGAZINE, EARPHONES
- PHONE CHARGER
- MEDICARE CARRD AND PRIVATE HEALTH CARE CARDS
- BONE BROTH POWDER FOR POST BIRTH
- SNACKS .. LOTS OF THEM!
- NAME PLAQUE FOR ANNOUNCEMENT PHOTO
- WHITE NOISE