



You've got this!

Now have you got these?

Hospital Bag

Use this handy checklist to make sure you're super-prepared for the start of this wonderful chapter!

Baby's Bag

- 4 Babygrows
- 4 Vests
- 2 Jerseys
- 1 Receiving blanket
- Disposable nappies
- Clothes to take baby home in

Mom's Bag

- Day clothes
- 3 Nursing bras
- Breast pads
- Dressing gown
- Slippers
- Hairbrush
- Earphones
- Toiletry bag & make-up
- 2 Towels
- Tissues
- 2 Packs of maternity pads
- Cellphone charger & adapter
- 2-3 Cotton button-down sleepshirts