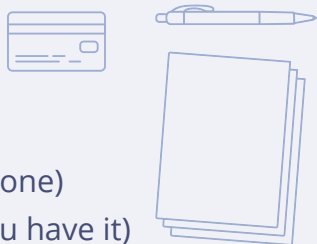


Birth bag checklist

If you are having your baby in a hospital or birthing centre, use this handy checklist to make sure you have everything you might need.

Paperwork

- Medicare card
- Hospital paperwork
- Antenatal card
- Birth plan (if you have one)
- Insurance details (if you have it)



General

- Music
- Camera
- Phone
- iPad/tablet
- Chargers
- Books and magazines
- Snacks and drinks
- Cash
- Headphones
- Eye mask and ear plugs



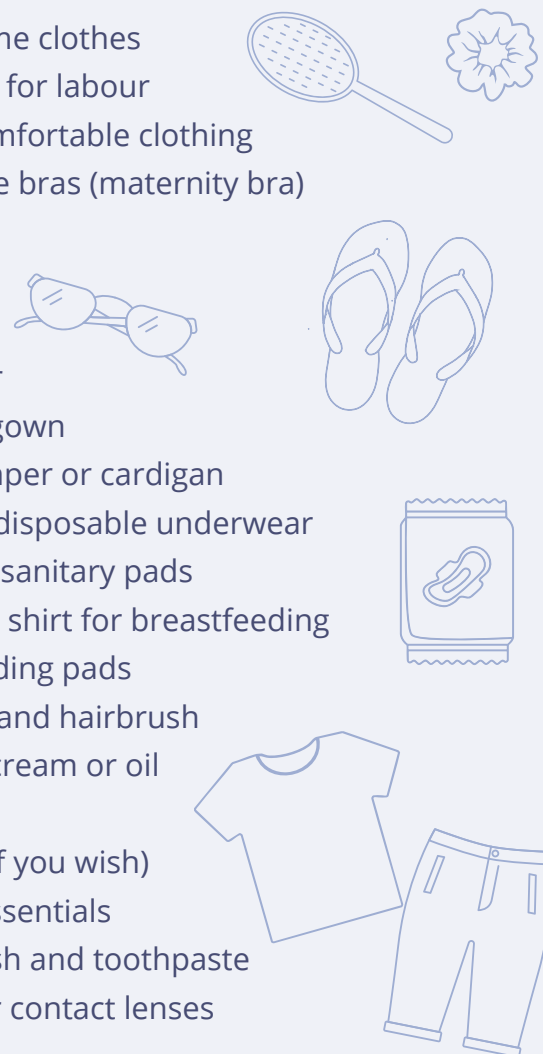
Baby

- Nappies (8-10 per day)
- Baby blanket
- Baby wipes
- Baby clothes
- Onesie
- Hat
- Booties or socks



Mum

- Going home clothes
- Old t-shirt for labour
- Loose, comfortable clothing
- Supportive bras (maternity bra)
- Slippers
- Thongs
- Socks
- Sleepwear
- Dressing gown
- Warm jumper or cardigan
- Cheap or disposable underwear
- Maternity sanitary pads
- Button-up shirt for breastfeeding
- Breastfeeding pads
- Hairband and hairbrush
- Massage cream or oil
- Lip balm
- Makeup (if you wish)
- Shower essentials
- Toothbrush and toothpaste
- Glasses or contact lenses



Partner

- Change of clothes
- Swimwear
- Toiletries
- Pillow



Things to remember

- Check with the hospital or birthing centre what you need to bring.
- Find out about visitors' waiting hours and waiting rooms.
- Make sure the car seat is properly fitted.
- If you have other children, have a plan for who will be looking after them and when they will come to visit.
- If you have pets, make sure you have someone on standby to look after them.