

## Hospital Bag:

# INTRODUCTION

*Bringing a child into this world is one of the most profound experiences. It brings a richness and meaning to life that nothing else can bring, and I can so relate to the overwhelming anticipation right now. Whether this is your first birth or you're welcoming another little love into your family, having a well-prepared hospital bag can make all the difference. This checklist is designed to help you pack with confidence, ensuring you have everything you need for a comfortable stay. From essentials to little luxuries that make recovery easier, this guide covers both mama and baby (as well as your partner), so you can focus on the highly-anticipated, beautiful moments ahead. Wishing you a smooth, peaceful birth and a wonderful start to this new chapter. Remember that you are strong, competent and capable - You've got this Mama!*



FOR MAMA

### Important Documents:

- ☐ Insurance card, ID, hospital paperwork, any legal documents needed for baby's birth certificate, and Birth Plan, if you have one.

## Comfortable Hospital Outfits:

- ☐ 3 x Spaghetti strap 'dress' nighties (Easy for breastfeeding and incision care)
- ☐ 3 x Nursing bras
- ☐ 1 x Postpartum leggings
- ☐ 1 x Nursing tank top
- ☐ 2 x Cozy, oversized bathrobe-style cardigans

### Essentials:

- ☐ Slip-on sandals
- ☐ Eye mask & earplugs
- ☐ Your own pillow
- ☐ Toiletries (*Including lip balm, hand cream, dry shampoo & hairties + clips*)
- ☐ Phone & extra-long charging cable, plus AirPods
- ☐ Camera (*If you use one*)
- ☐ Nursing pillow

### Extras for Comfort & Recovery:

- ☐ Nutrient-rich snacks for in-between meals (e.g., *Mrs. Milk Lactation Bars*)
- ☐ Daily vitamins & supplements
- ☐ Nursing pads (*For when milk comes in*)
- ☐ Nipple cream (*Highly recommended for first-time breastfeeding mamas*)
- ☐ Comfortable going-home outfit (*Soft leggings, nursing top, long cardigan, or a loose stretchy dress with comfy shoes*)
- ☐ Sibling presents (*if this is a tradition you do*)

Check with your hospital:

Do they provide newborn diapers, wipes, maternity pads, and mesh underwear? If not, consider bringing Carriwell disposable underwear and any postpartum essentials.

\* You are transitioning into motherhood  
with ease and grace

## FOR BABY

### Clothing & Swaddles:

- ☐ 2 x Newborn baby hats/bonnets
- ☐ 2 x Soft swaddles/receiving blankets (*One of which is thick and warm*)
- ☐ 2 x newborn singlets (*To wear under onesies*)
- ☐ 2 x newborn onesies (*Button-up or zip, avoiding pull-over styles*)

### Photo Keepsakes:

- ☐ Announcement plaque
- ☐ Announcement outfit
- ☐ Special muslins, bonnets, bows

### Comfort Items:

- ☐ Love to Dream swaddle suit (*For snug yet flexible movement*)
- ☐ Pacifier (*I love the Bibs Supreme*)

### Going Home Outfit:

- ☐ Soft, easy-to-dress outfit (*Avoid anything that needs to be pulled over baby's head*)
- ☐ Socks (or use footed pants)
- ☐ Wool suit, wool socks, wool hat (*For winter babies*)
- ☐ Thick blanket for warmth

### Car Seat & Safety:

- ☐ Car seat
- ☐ Stretchy car seat canopy (*To keep baby in a cozy bubble when leaving the hospital*)

### Check with your hospital:

Do they require you to bring newborn diapers, wipes, bum cream, or belly button care supplies (cotton wool/alcohol)? If you're planning a first bath at the hospital, bring your preferred baby bath wash—or skip it and wait 1-2 weeks until you are ready. Also, depending on the length of your hospital stay and whether or not your hospital provides newborn clothes for your baby whilst at the hospital, adjust your packing accordingly.

## FOR YOUR PARTNER

- ☐ Comfortable clothing
- ☐ Slippers
- ☐ Water bottle
- ☐ Snacks
- ☐ Vitamins
- ☐ Phone with charger, and AirPods
- ☐ Laptop with charger
- ☐ Toiletries (If staying overnight)
- ☐ Pyjamas (If staying overnight)
- ☐ List of family & friends to message/call after birth

### Check with your hospital:

Can your partner spend the first night at the hospital with you? Arrange, and pack, for this in advance.

## FOR LABOUR AT THE HOSPITAL

(NOT RELEVANT FOR SCHEDULED C-SECTIONS):

- ☐ Birth playlist
- ☐ Portable bluetooth speaker & charger
- ☐ Portable fan
- ☐ Water bottle with a straw
- ☐ Hairties & headband
- ☐ Sports bra and labouring gown
- ☐ Eye-mask
- ☐ Any helpful relaxation tools
- ☐ Snacks & other drinks
- ☐ Essential oil diffuser
- ☐ Fairy lights
- ☐ Peri bottle, Perineal spray for post-vaginal birth

stellar x

\* make every moment count