

Hospital Checklist

DURING LABOR

FOR MOM

Essentials

- Nursing Bra
- Breast Pads
- Maternity Pads
- Disposable Panties
- Nursing Pillow
- Pyjama
- Slippers

Nice-to-haves

- Dressing Gown
- Spray Bottle
For cooling you down during labor
- Refillable water bottle
- Change of clothes

AND...

FOR BABY

Essentials

- Receiving Blankets
- Towel
- Legging
- Body
- Baby Hat
- Disposable Diapers



AFTER LABOR

FOR MOM

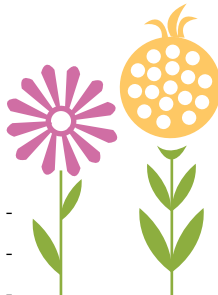
Essentials

- Maternity Bag
- Nursing Bras
- Nipple Cream
- Breast Pads
- Maternity Pads
- Disposable Panties
- Nursing Gown
- Toiletries
- Toothbrush and toothpaste
- Hair brush and clips
- Towels
- Going home clothes

Nice-to-haves

- Cosmetics
- Tissues
- Nursing Pillow
- Water Bottle
- Plastic bags

AND...



FOR BABY

Essentials

- Baby Bag
- Umbilical net
- Feeding Bottle
- Thermos
- Baby Hats
- Leggings
- Body
- Scratch mittens
those little nails can be sharp
- Diapers
- Wipes
- Toiletries
- Hooded bath towel
- Snuggle Wrap
- Going home clothes

WELCOME HOME

FOR MOM & BABY

Feeding

- Breast Pump
- Nursing Bras
- Nursing Pillow
- Nipple Cream
- Feeding Bottle
- Steriliser

Health

- Umbilical net
- Cherry Stone Pillow
- Nasal Aspirator
- Insect Shielder
- Heat Pack
- Thermometer

Hygiene

- Baby Care
- Bath Tub
- Bath Seat
- Natural Sponge
- Brush & Comb
- Changing Mat/Station
- Disposable Diapers
- Washable Diapers
- Nappy Disposal Bin
- Baby Scissor
- Baby Face Towel
- Baby Hooded Bath Towel

Sleep/Relax

- Wooden Cot
- Foldable Cot
- Bedding
Pillow, Bed sheet,
Bumper, Bolster,
Mattress
- Baby Bouncer

Travel

- Car Seat Group 0
- Stroller for Newborn
- Baby Carrier

AND...

