Packing Your Bag Checklist

For Mom: Clothes

- ○ 5 x Full boy cut/disposable maternity panties
- ○ Pajamas with a breastfeeding-friendly top
- ○ T-shirts/top to labour in
- ○ Warm socks & slippers
- ○ Bathrobe/gown
- ○ .....

For Mom: Toiletries

- ○ Maternity pads (extra)
- ○ Lip balm (important for dry lips during labour)
- ○ Toiletries and personal items
- ○ Hairbands or a clip for long hair
- ○ Facecloth
- ○ .....
- ○ .....

For Mom: Miscellaneous

- ○ Squeeze bottle for a salt spritz bath
- ○ Massage oil for labour (consult your Doula)
- ○ Water spray/handheld fan
- ○ Healthy energizing
- ○ snacks & juices
- ○ Cellphone & charger

For Dad: Clothes& Toiletries

- ○ Toiletries and personal items
- ○ Comfortable clothes
- ○ Button-up shirt (for skin-to-skin)
- ○ Flip flops/slippers
- ○ Extra towels
- ○ .....
- ○ .....
- ○ .....

For Dad: Miscellaneous

- ○ ID Documents & a black pen
- ○ Medical Aid documents
- ○ Cellphone and charger with adapters
- ○ Camera, batteries & charger
- ○ Cash & bank cards

Other

- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....

Packing Your Bag Checklist

For Baby: Clothes

- ○ 2x Baby hats
- ○ Clothes for the newborn (3 sets of onesies, long & short-sleeved)
- ○ Three blankets and a receiver for the baby
- ○ Mittens
- ○ 2 Pairs of socks
- ○ 2-3 Vests

For Baby: Miscellaneous

- ○ 2 x Packs of diapers/newborn Size 0 to 1
- ○ Unscented wet wipes
- ○ Wecesin powder (Wound and Graze Powder) or surgical spirits
- ○ Swaddle blankets x 2
- ○ Cotton wool balls
- ○ Baby car seat for when you go home

Postnatally: (for home)

- ○ Food supplies
- ○ Toiletries
- ○ Make-up cottton pads
- ○ Baby laundry detergent
- ○ Ready-made / frozen meals (3x days at least)
- ○ Snacks
- ○ Warm socks
- ○ Linen savers
- ○ Humidifier
- ○ Heater

Extra Notes:

- ○ .....
- ○ .....
- ○ .....
- ○ .....
- ○ .....
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- ○ .....