HOSPITAL BAG CHECKLIST- MUM

- [ ] Green Maternity Notes
- [ ] Birth Preferences
- [ ] Night Dress x3
- [ ] Big Pants/Disposable x6
- [ ] Dressing Gown
- [ ] Slippers
- [ ] Socks
- [ ] Flip Flops for Shower
- [ ] Own Towel for comfort
- [ ] Sanitary Towels
- [ ] Breast Pads
- [ ] Make up Bag
- [ ] Mini Toiletries (shower gel, etc)
- [ ] Hair Brush/ Hair Bobble
- [ ] Travel Hairdryer
- [ ] Straighteners
- [ ] Deodorant
- [ ] Toothbrush/ Toothpaste
- [ ] Lip balm
- [ ] Tissues
- [ ] Phone Charger
- [ ] Money
- [ ] Snacks for Labour
- [ ] Birthing ball/aromatherapy oils

NOTES