



Hospital Bag

For Mum

Get ready for the arrival of your little one with our hospital bag checklist, a handy guide to all the essentials and little extras you'll need for the big day.



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|---|---|
| ☐ Nightwear
(for birth & after) | ☐ Maternity notes
(Birthing plan) |
| ☐ Dressing gown | ☐ Toiletries |
| ☐ Underwear | ☐ Maternity Pads |
| ☐ Nursing Bra | ☐ Lip balm |
| ☐ Slippers | ☐ Nipple cream |
| ☐ Socks | ☐ Pillow |
| ☐ Going home clothes | ☐ Hair bands |
| ☐ Flannels | ☐ High energy snacks |
| ☐ Breast Pads | |
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