HOSPITAL BAG CHECKLIST

Essentials

- [ ] Hospital Notes
- [ ] Nightie/Pyjamas
- [ ] Dressing Gown
- [ ] Nursing Bra
- [ ] Comfort Bra
- [ ] Vest Top
- [ ] Knickers x 3
- [ ] Maternity Pads
- [ ] Breast Pads (3 sets)
- [ ] Nipple Cream
- [ ] Flip Flops
- [ ] Towel

Toiletries

- [ ] Face Wipes/Wash
- [ ] Deodorant
- [ ] Toothbrush
- [ ] Toothpaste
- [ ] Hairbrush
- [ ] Hairbands
- [ ] Showergel
- [ ] Shampoo
- [ ] Conditioner
- [ ] Lip balm
- [ ] Hair products
- [ ] Toner
- [ ] Moisturiser
- [ ] Make-up

Other

- [ ] Carpark Money
- [ ] Camera
- [ ] Phone
- [ ] Phone Charger
- [ ] Kindle/Tablet/Magazines
- [ ] Snacks
- [ ] Glasses/Contact Lens
- [ ] Plastic Bag
- [ ] Dextro Tabs/Jelly Babies

Extras

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