

Hospital Bag Checklist



the
Village Doula
SERVICES



LABOUR & BIRTH

- Birth plan
- Breastfeeding/feeding plan
- Comfortable clothes to labour in (eg. Loose dress/ t-shirt, bikini, jumper)
- A packet of maternity pads (or my recommendation- depends pull up's XL)
- Thongs/slippers
- Full size bath towel- trust me! The hospital ones are tiny!
- Eye Mask
- Hair bands and hair brush
- Lip balm
- Water bottle with straw
- Snacks
- TENS Machine
- Heat pack
- Birth Combs
- Massage Ball/ tennis ball
- Massage oil/ cream
- Fairy lights
- Essential Oils
- Electric diffuser
- Birth affirmation cards
- Headphones
- Speaker
- Phone charger with a long cord
- Camera/ GoPro
- Candles (Electric if planning a hospital birth)
- Medication/supplements
- Medicare card /ID
- Your own pillow/ blanket if you wish





MUMMA'S POSTPARTUM BAG

- 5x High High! waisted comfortable black undies.
- 2x Maternity Bras
- 2x Warm socks
- Comfortable PJ's with front buttons or zips
- A comfortable dressing gown that makes you feel 100 bucks!
- Comfortable clothing including warm clothing because hospitals are cold.
- A warm cardigan
- Spare bag for dirty clothes
- Eye mask
- Maternity pads/ pulls ups
- Breast pads
- Perineal ice packs (frozen condoms or glove fingers work also)
- Toiletries (toothbrush & toothpaste, shampoo/conditioner, face wipes)
- Peri bottle (or a pump water bottle will suffice)
- Ural to help take the sting out of your postpartum wee.
- Heat pack
- Nipple Cream
- Silver nursing cups (optional)
- Snacks!!! You will be hangry!
- An apple -Weird but its so refreshing and if you cant make it out of bed to brush your teeth this will at least make you feel clean!
- Your favourite tea/hot drink
- Expressed colostrum (labelled with your full name, DOB and the date expressed)





BABIES BAG

- 7x Bonds 'Wondersuits' or something similar that has 2 way zips.
- 1x Beanie
- 7x Singlets
- 1x Pair of socks & mittens
- 2x Swaddles /wraps /muslins
- 1x Warm Blanket
- 1x pack Newborn nappies
- 1x Pack of baby wipes (Water wipes are a good option-the less chemicals the better)
- Bottles & formula if your choosing to formula feed
- Burping cloths (Terry towelling cloth nappies are a great option- available from Big W)
- Dummy if you wish
- 1x Announcement outfit & announcement cards
- Hand/Foot clay cast or ink print pack (usually available at baby shops or Kmart)
- Warm going home outfit & Wrap





SUPPORT PARTNER'S BAG

- Snacks, snacks & more snacks
- 3x Comfortable clothes & jumper
- Board shorts & shirt that can get wet/ dirty
- Enclosed shoes
- A spare pair of shoes/thongs in case the other pair get wet
- Long phone charger
- Medication
- Toiletries
- A copy of the birth plan
- A pillow if you wish
- Pack your best protector shield. You are her protector and she needs to know you've got her back with every decision she makes.

