

IN THESE STILETTOS HOSPITAL BAG CHECKLIST

For Mommy

For Labour:

- Energade/Juice
- Snacks
- I-pod / Music player
- Reading Material
- Lip Balm
- Face Cloth

For Hospital Stay:

- 3 Sets Breastfeeding friendly pyjamas
- Disposable Underwear (6)
- Breastfeeding friendly bras (3)
- Towel/ facecloth
- Sleep Mask
- Toiletries (see the blog on what I pack)
- Socks/Slippers
- Flops for the shower
- Identity Documents

Baby's Bag

- 3-4 Vests
- 3-4 Babygros
- 3-4 pairs of socks/hats
- Hooded Towel
- Facecloth
- Toiletries for baby: Bum Cream, Body Wash and Lotion/ Oil
- Baby Wipes/ Cotton Wool (personal choice)
- 3 x Thin Blankets (we use Muslin) and 1 x Warmer Blanket

NOTES

