

# MotherLover

## hospital bag checklist



### FOR THE BIRTHER

- Plastic sandals & warm socks
- One or two pillows
- Personal care items (toothbrush, shampoo, chapstick, etc.)
- Water bottle (with straw)
- Labourade & snacks (+ appropriate for epidural if that's your plan)
- Healthcard/I.D.
- Dark-coloured, comfy & loose fitting 'Going Home' outfit
- Adult diapers/heavy flow pads
- Headphones/speaker + music or meditations



### FOR BABY

- 5-10 Diapers
- Car seat (& mount properly installed in the car!)
- Baby wipes
- 1-2 swaddle blankets (to use when going home)
- Electric baby nail file
- 1 newborn sleeper (& just 1 in 0-3 month size juuuust in case)
- A hat (but no mittens!!!)
- Coconut oil (to rub on baby's bum so the meconium doesn't stick)
- Champagne... I mean, it is a birthday party, right?



### FOR THE PARTNER

- Credit card for room payment or vending machines
- A change of clothes & toiletries
- Pillow & blanket (can leave in car until needed)
- All of the chargers
- Swim trunks for the shower/bath
- All the snacks + all the food



### 'DOULA BAG' ITEMS

- BRAIN cheatsheet
- Massage oil + massage tools
- Your fav essential oils
- A TENS machine
- Your 'birth plan'
- Earplugs, eye masks, gum

