

LABOUR BAG

checklist



CLOTHING

- Labour clothes (eg old Tshirt)
- Nursing Bras
- Breastfeeding friendly PJs
- Black cotton undies
- Dressing gown
- Slippers and socks
- Loose, comfy clothing
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FOR BABY

- Singlets
- Jumpsuits
- Swaddles
- Going-home outfit
- Newborn nappies
- Baby wipes
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TOILETRIES

- Bodywash
- Shampoo/conditioner
- Toothbrush / toothpaste
- Lip balm
- Hand cream
- Hair ties and hairbrush
- Maternity pads
- Breastfeeding pads
- Hydrogel discs
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OTHER

- Medicare card / Insurance
- Hospital paperwork
- Birth Plan (if you have one)
- Phone charger
- Snacks
- Book or magazine
- Wheat pack
- Glasses or contacts
- Eye mask and earplugs
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BABY READY

checklist

HOME

- Assemble all nursery furniture
- Launder all baby clothing and sheets
- Prepare your baby bath station
- Stock your freezer with dinners
- Stash some snacks near the couch
- Prepare toddlers for change
- Prepare hospital paperwork
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VISITORS

- Accept offers of food or cleaning
- Request vaccinations
- Accept healthy visitors only
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CAR + BACKUP BAG

- Carseat fitted correctly
- Spare clothes for baby
- Spare clothes for parents
- Nappies
- Wraps
- Wipes
- Facecloth
- Towel
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SELF CARE

- Meet up with some friends
- Get your vaccinations
- Schedule a haircut
- Book a pregnancy massage
- Enjoy a manicure
- Book your newborn photoshoot
- Take antenatal classes
- Make a labour music playlist
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