Checklist for Mom

|  |  |
| --- | --- |
| In Mom’s bag | Check |
| Front opening night dresses (for breastfeeding) 2-3 |  |
| Gown |  |
| Slippers |  |
| Underwear (including nursing bra) |  |
| Towels 2-3 |  |
| Toiletries (toothbrush, - paste; soap; deodorant; shampoo; hairbrush; etc) |  |
| Make-up |  |
| Tissues |  |
| Maternity pads 2 packs |  |
| Disposable maternity panties |  |
| Nursing pads |  |
| Going home outfit |  |
|  |  |
| For labor |  |
| Old night dress or T-shirt |  |
| Facecloth |  |
| Warm socks |  |
| Wheat bag (to ease the pain) |  |
| Lip balm for dry lips |  |
| Hair ties for long hair |  |
| Reading material |  |

Checklist for Baby

|  |  |
| --- | --- |
| In Baby’s bag | Check |
| Newborn disposable nappies \* |  |
| Wet wipes \* |  |
| Bum cream \* |  |
| Aqueous cream \* |  |
| Baby powder (Maizena works even better) |  |
| Cotton buds |  |
| Cotton puffs |  |
| Surgical alcohol \* |  |
| Receiving blankets 2-3 |  |
| Warm big blanket |  |
| Clothes 4-5 sets |  |
| Socks or booties |  |
| Vests & beanie (in winter) |  |
| Dummy if preferred |  |
| Gripe water |  |
| Bottles (2 x 125ml) if preferred to bottle feed |  |

\*Items normally included in Medi Clinic’s baby bags

Checklist for Dad

|  |  |
| --- | --- |
| In Dad’s bag | Check |
| Pre-admission forms & Medical aid card |  |
| Birth plan |  |
| Cell phone with charger and important numbers |  |
| Camera and or video camera |  |
| Toothbrush & -paste |  |
| Change of clothes |  |
| Pen, paper & watch (to monitor contractions) |  |
| Nutritious snacks (like bananas – for Mom & Dad) |  |

Checklist for going home

|  |  |
| --- | --- |
| For Baby | Check |
| Car seat (Snug & Safe) for baby |  |