

# HOSPITAL BAG

## CHECK LIST!

- MEDICAL RECORDS.
- BIRTH PLAN
- REGULAR MEDICINES
- WATER
- PHONE AND CHARGER
- SOCKS AND SLIPPERS
- YOUR FAVOURITE SNACKS
- LIP BALM
- HEATING PADS
- OLD NIGHTGOWN
- COMFY CLOTHES FOR YOU AND THE BABY
- DIAPERS/NAPPY
- MATERNAL PADS
- TOWELS AND WARM ROBES
- MATERNITY BRAS AND UNDERWEAR

