

Parent Checklist – Nappy Bag Checklist



For Labour

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|---|--|--|
| <input type="checkbox"/> Hospital Paperwork | <input type="checkbox"/> Labour Extras (including music, massage oils, face cloth, etc.) | <input type="checkbox"/> Change of Clothing for your partner |
| <input type="checkbox"/> Medicare or private insurance card | <input type="checkbox"/> Hair Band | <input type="checkbox"/> Phone Card or coins for public phones |
| <input type="checkbox"/> Birth Plan | <input type="checkbox"/> Warm Socks | <input type="checkbox"/> List of important numbers |
| <input type="checkbox"/> Comfortable, old, t-shirt or nightgown | <input type="checkbox"/> Lip Balm | |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Camera/Video Camera | |
| <input type="checkbox"/> Books/Magazines | | |

Mum Post-Birth List

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| <input type="checkbox"/> Day/Night time clothing | <input type="checkbox"/> Absorbent Breast pads | <input type="checkbox"/> Leave valuables at home (including jewellery) |
| <input type="checkbox"/> Maternity Sanitary Pads | <input type="checkbox"/> Toiletries | <input type="checkbox"/> Gifts for siblings from new baby |
| <input type="checkbox"/> Undies | <input type="checkbox"/> Extra Change (just in case) | |
| <input type="checkbox"/> Nursing Bras | <input type="checkbox"/> Pen/Paper/Notepad | |

For Baby

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|------------------------------------|--|---|
| <input type="checkbox"/> Nappies | <input type="checkbox"/> Wipes/Cotton Wool Balls | <input type="checkbox"/> Baby Bath Solution/Baby Wash |
| <input type="checkbox"/> Singlets | <input type="checkbox"/> Socks/Booties | <input type="checkbox"/> Face Washers |
| <input type="checkbox"/> Jumpsuits | <input type="checkbox"/> Scratch Mittens | <input type="checkbox"/> Bunny Rugs |