

Seriously Kids™

Supporting, educating, empowering.... Seriously useful

We encourage you to use this checklist as a source of information rather than as a prescriptive checklist. Checklists are great guides to help you determine what you may need, provide a starting point to help in gathering information and take some of the stress out of things such as making a decision or establishing a clear view of the situation on paper.

Please Note: This checklist should be used as a guide only.

If you happen to forget something, don't stress, there is more than likely to be a shop in the area.

HOSPITAL CHECKLIST

Whether you are a seasoned packer (for all those holidays you have been on) or not there is often something that we leave behind when packing for the birth of our baby.

Never fear it isn't the end of the world to forget something by using a checklist of what to bring can help to alleviate any forgotten things.



(This checklist is the base, of course add more as needed but remember you are going to hospital not the middle of nowhere and you can most probably access most things or have things brought in later that you may have forgotten).

It is recommended you have your bag packed from 34 weeks ready to go.

Top tips:

- » Find out what is needed from the hospital (not all hospitals provide the same. Some may provide nappies while others may not for example).
- » Pack a small bag that covers all you will need for the labour so that it is light and compact for arriving to hospital and have another bag that has everything else needed for your stay in the car so your partner can easily retrieve it after the baby is born.
- » Be security aware. It is best to leave valuables or sentimental items at home. You are only at the hospital for a short period and you know you will be devastated if something happens to them.



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For The Birth

Medicare or healthcare details

Birth plan

Birthing props- photos, ipod/cds, etc

Camera

Coins / money for car park

Drinks/snacks

Phone and charger

List of contact numbers for after the birth to announce your new arrival.

Spare clothes for your partner in case of accidents or if they want to get in the shower with you.

For Baby

Nappies (approx. 12 depending on your length of stay)

Wipes

Singlets (at least 3)

Jumpsuits (at least 3)

Mittens

Beanie

Blanket

Bunny rugs

Muslin wraps

Bibs

Socks

A dummy (just in case or if you plan on using one!) Sterilised and ready to go.

Outfit to go home in

Bottles and formula if you intend on bottle feeding from the get go.

For You

Loose tops

Comfy pants

Pyjamas that button up for ease or nighties

Socks

Maternity bras

Nursing pads

Comfy underwear (or disposable)

Maternity sanitary Pads

Slip on flat shoes or thongs

Plastic bags for dirty clothes, etc

Outfit - comfy clothes to go home in

Toiletries

Deodorant

Soap

Shampoo

Toothbrush and toothpaste

Moisturiser

Towel

Something to do if baby is asleep

Earplugs

Dads Hospital Bag

We all know that there is the mother hospital bag where the pregnant expectant mother packs a bag with the baby items and items for herself as well. Well there too can be a dad's hospital bag. It's not as silly as you may think.

Camera, batteries, etc to capture the moment

Supply or snacks and energy foods

Something to pass the time if things progress slowly to help relax but be there to be supportive- ie: music, something to read, etc

Clean clothes, tooth brush, toiletries. You never know quite how long you are going to be there or what accidents or events may happens where you will need to clean yourself up.

Any medications

