

For mum



# Maternity hospital bag checklist

Five weeks before your due date is a good time to prepare a hospital bag with everything you will need for the special day.



## Items to pack for mum:

(Essential items / Non-essential items)

-  **Documents:**  Personal identification, health insurance card
-  **Toiletries:**  Toothbrush, toothpaste, soap, shampoo, sponge, lotion, maternity or sanitary pads, deodorant, comb, hair band, lip balm, massage oil
-  **Food:**  Food for snacking, a little money to buy food in the hospital
-  **Clothes:**  T-shirt or night-gown for giving birth, fresh night-gown, robe, maternity bra and underwear, spare pants, breast pads, comfortable maternity clothes for going home, slippers, warm socks
-  **Entertainment:**  Mobile phone and charger, phone card and phone book, music, book or magazine, camera
-  **Other:**  Birth plan, glasses or contact lenses, any prescription medications from home, watch, pad of paper and pen, torch or nightlight, a plastic bag

Please turn over to see items to pack for baby...

For baby



# Maternity hospital bag checklist



From here on, you will need to pack for two. Here are the items that you will need to remember for your new arrival.

## Items to pack for baby:

(Essential items / Non-essential items)



 **Wrapping baby:**  Two collecting blankets



 **Cleaning baby's umbilical stump:**  Surgical spirit and cotton wool


 **Baby's first bath:**  Sponge, gentle cleanser, baby lotion, baby oil, towels, comb, baby nail clippers

Checklist for baby skin care products...

- Hypoallergenic & suitable for newborn sensitive skin
- Free of parabens, phthalates, sulfates
- Lotion with non-sticky residue
- Easy to rinse wash

 **Nappy changing:**  New-born sized nappies, gentle baby wipes, nappy rash cream

 **Baby clothes:**  Vests, body suits, cap, mittens, socks, baby blanket and burp cloth, beanie, jacket

 **Safe places:**  Wrapping cloth to carry baby, baby carrier



### THE NEW JOHNSON'S COTTON TOUCH™

Our best Ultra Light™ hypoallergenic care for newborn sensitive skin

• 100% Gentle • Free of Parabens, Phthalates, Sulfates and Dyes • Made with natural cotton • Easy-to-rinse wash • \*Gives dual protection from skin dryness with non-sticky residue \*when used together with lotion

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