

MOM'S BAG



DOCUMENTS AND ESSENTIALS

- | | |
|--|---|
| <input type="checkbox"/> ID PROOF | <input type="checkbox"/> CASH |
| <input type="checkbox"/> INSURANCE DOCUMENT | <input type="checkbox"/> CREDIT CARD |
| <input type="checkbox"/> DOCTOR'S PRESCRIPTIONS | <input type="checkbox"/> DOCTOR'S PHONE NUMBER |
| <input type="checkbox"/> MEDICAL RECORDS | <input type="checkbox"/> EMERGENCY CONTACT LIST |
| <input type="checkbox"/> HOSPITAL ADMISSION PAPERS | |

CLOTHING

- ☐ 2/3 FRONT OPEN LOOSE COTTON NIGHTY
- ☐ COMFORTABLE MATERNITY UNDERWEAR
- ☐ NURSING BRA
- ☐ LIGHT SHAWL OR DUPATTA FOR COVERAGE
- ☐ SOCKS AND SLIPPERS



ESSENTIALS

- | | |
|---|---|
| <input type="checkbox"/> MATERNITY PADS | <input type="checkbox"/> HAIR BRUSH & HAIR TIES |
| <input type="checkbox"/> FACE WASH, MOISTURISER, LIP BALM | <input type="checkbox"/> DEODORANT (ROLL ON) |
| <input type="checkbox"/> TOOTHPASTE AND TOOTHBRUSH | <input type="checkbox"/> TISSUES AND WET WIPES |
| <input type="checkbox"/> MILD SOAP AND SHAMPOO | <input type="checkbox"/> SANITIZER |

GOOD TO HAVE

- | | |
|--|-------------------------------------|
| <input type="checkbox"/> BREAST PADS (FOR LEAKAGE) | <input type="checkbox"/> SNACKS |
| <input type="checkbox"/> NIPPLE CREAM (FOR CRACKS) | <input type="checkbox"/> DRY FRUITS |
| <input type="checkbox"/> THERMOS FLASK | <input type="checkbox"/> JUICE BOX |
| <input type="checkbox"/> FEEDING PILLOW | <input type="checkbox"/> CHOCOLATE |



BABY'S BAG



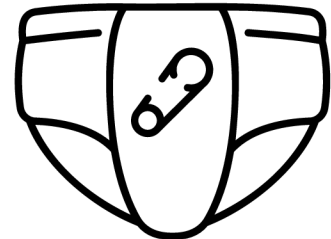
CLOTHING

- ☐ 3-4 COTTON JHABLAS OR ONESIES OR BODYSUITS
- ☐ SOFT BABY CAPS, MITTENS AND SHOES
- ☐ 3-4 SWADDLES OR RECEIVING BLANKET
- ☐ BABY BLANKET FOR EXTRA WARMTH
- ☐ TWO SETS OF GOING HOME CLOTHES



DIAPERING AND HYGIENE

- ☐ NEWBORN DIAPERS OR CLOTH NAPPIES
- ☐ ALCOHOL FREE WET WIPES
- ☐ BABY TOWEL AND GENTLE BABY SOAP
- ☐ DIAPER RASH CREAM
- ☐ MOISTURISING BABY CREAM



FEEDING AND COMFORT

- ☐ BOWL AND SPOON (IF FORMULA FED)
- ☐ FORMULA MILK (AS PRESCRIBED)
- ☐ BURP CLOTH AND COTTON NAPKINS (FOR WIPING AFTER FOOD)
- ☐ BREASTFEEDING COVER



GOOD TO HAVE

- ☐ FEEDING PILLOW
- ☐ QUICK DRY SHEET FOR BABIES
- ☐ BABY CARRIER



DAD'S BAG



DAD'S / BIRTHING PARTNER'S BAG

- ☐ SNACKS AND WATER
- ☐ CHANGE OF CLOTHES
- ☐ TOILETRIES
- ☐ PHONE / VIDEO CAMERA AND CHARGER
- ☐ LIST OF IMPORTANT CONTACTS



MISCELLANEOUS

MISC

- ☐ A BAG FOR USED CLOTHES
- ☐ EARPHONES / EARPODS AND CHARGER
- ☐ FAVOURITE PILLOW FOR EXTRA COMFORT
- ☐ BOOK / TAB FOR ENTERTAINMENT
- ☐ HOT-WATER BAG
- ☐ PAIN RELIEF SPRAY FOR LEG CRAMPS
- ☐ EAR PLUGS AND EYE MASK - HOSPITAL ROOMS CAN BE NOISY
- ☐ THANK YOU GIFT FOR NURSES
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



*Good
things
are
coming*