

# PopcornCandi

## HOSPITAL BAG CHECKLIST



### FOR MOM

- Pyjamas x 2 (button-up)
- Slippers and socks
- 2 x Nursing bra/Nursing vest
- 2 x Maternity panties
- 2 x Large cotton panties
- Outfit to wear home
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- 3 Packs maternity pads/maxi pads
- Face cloth
- Toiletries (toothpaste, face wash etc.)
- Nipple cream (Lansinoh)
- Breast pads (4 per day)
- Body lotion, hand cream, lip balm
- Hair brush, ties/clips, dry shampoo
- Shower cap
- Squirt bottle & ice pad (natural birth)
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- ID docs (both parents) + copies
- Copy of marriage certificate
- Pen
- Medical aid documents for admission
- Phone charger and plug adaptor
- Snacks and juice
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### FOR BABY

- 2 x Newborn swaddles
- 2 x Newborn hats
- 2 x Burp cloths
- 1 x Soft blanket
- Size 0+ Dummy
- 4 x Babygrows and vests
- Outfit to wear home
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- 2 Packs newborn nappies (+-60)
- Small tub of vaseline or bum cream
- Small bottle of surgical spirits
- Pack of baby ear buds
- Pack of wet wipes
- Handful of cotton wool
- Baby body wash
- Baby body cream
- Nursing pillow
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### OTHER

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