

## Hospital Bag

Sr. No.	Items
1	Dressing gown
2	Hot water bottle for pain relief
3	Eye drops for dry eyes
4	Phitkari deo
5	Travel toileteries (Shampoo, conditioner, comb, toothbrush, toothpaste)
6	Slippers
7	Socks
8	Old nightdress/Tshirt for labor
9	Massage oils/lotions- almond oil
10	Lip balm
11	Snacks & drinks. Protein bar
12	Books/Kindle
13	Hair tying pins, ponies, clips
14	Favourite pillow
15	Music, podcasts & meditation sessions & sample new born photo Pinterest board in phone
16	Water spray to refresh in labour
17	Going home outfit
18	Nursing bras
19	Breastpads
20	Night dress/pyjamas
21	Towels
22	Earphones
23	Card game to play while waiting
24	Makeup kit: Face powder, blush stick, lipstick, eye liner
25	Makeup remover wipes/facewash
26	Medical docs, insurance papers, ID
27	Cell phone charger
28	Wallet
29	My Water bottle
30	2 sets of clothes
31	Nursing bras
32	Breast feeding cover
33	Nursing pillow
34	Pen & notebook
35	Newborn shoot, makeup
36	Extra phone/laptop to watch dramas etc
37	Bio oil for skincare
38	Wash cloth
39	Toilet roll

40	Nailpolish remover pads, file & polish
41	Always Pads X 2
42	Tena disposable Underwear with pads

Sr. No.	For Him
1	Comfy shoes for walking a lot
2	Change of clothes, toothbrush, deo
3	Watch with 2nd hand to time contractions
4	Camera (check sd card, battery) & phone for pictures
5	Snacks & drinks
6	2-3 tshirts & trousers
7	Sanitizer

Sr. No.	For baby
1	Infant car seat
2	outfit for way home
3	baby blanket
4	Pampers
5	Socks/shoes
6	Hat
7	Wash cloths
8	Swaddle blanket
9	Baby hat
10	Cute blanket for photoshoot
11	Baby wipes
12	Bib/burp cloths