Maternity Hospital Bag Checklist

Advance Preparations
 Fix baby's car-seat
 Sufficient petrol in car

Some Signs of True Labour
 Contractions occurring regularly (~ every 15 minutes apart, lasting ~ 1 minute)
 Contractions getting longer, stronger & closer together
 Walking around or changing positions does not make contractions go away
 Pain in lower back, as opposed to lower abdomen
 Feel the need to empty bowels
 Passing fluid which does not seem to be urine (ruptured membranes)

Important Contacts
 Family

<table>
<thead>
<tr>
<th>Partner’s Mobile</th>
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<tbody>
<tr>
<td>Partner’s Office</td>
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<tr>
<td>Parents</td>
<td></td>
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<tr>
<td>Parents-in-laws</td>
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 Hospital

<table>
<thead>
<tr>
<th>Hospital's General Line</th>
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<tbody>
<tr>
<td>Ambulance</td>
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<tr>
<td>For EMERGENCY Only</td>
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<tr>
<td>Labour &amp; Delivery</td>
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<td>Ob-gyn</td>
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 Confinement services

<table>
<thead>
<tr>
<th>Confinement Lady</th>
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<tbody>
<tr>
<td>Confinement Food</td>
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</table>

Mummy’s Bag (Just Before Leaving House)
 Handbag (wallet & handphone)
 Supplements (tablet box from fridge)
Maternity Hospital Bag Checklist

Mummy’s Bag (Labour Ward)

- Identity Card / Passport
- Admission letter
- Maternity notes given by ob-gyn
- Birth plan
- Nightdress or large T-shirt (to be soiled)
- Socks
- Toiletries (for face, teeth, body & hair)
- Face towel
- Bath towel
- Tissue paper
- Hair band
- Lip moisturiser
- Pillows x 2 (old covers)
- 2 tennis balls in socks for massage / Massage oil
- Favourite snacks
- Drinks: bottled water / packet fruit juice
- Music / magazine
- Pre-natal class notes / pregnancy guide book
- Camera (fully charged battery)

Mummy’s Bag (Post-Natal Ward)

- Nightdress (front-opening for breastfeeding)
- Large T-shirts
- Sarong
- Underwear (disposable & sanitary types)
- Sanitary pads (super-absorbent, 2 packs)
- “Ring” pillow to sit on, in case of painful stitches
- Nursing bras
- Breast pads
- Stretch mark cream
- Slippers
- Going home clothes
- Handphone charger
- Extra fabric / plastic bags for soiled items
Maternity Hospital Bag Checklist

Baby’s Bag

- Bodysuits x 4
- Sleepsuits x 2
- Mittens & booties
- Cotton wool balls
- Diapers (newborn size x 1 pack)
- Nappy cream
- Face cloths
- Muslin cloths
- Swaddle
- Storybook
**Daddy / Birth Partner's Bag**

- Clothes (day-time)
- Clothes (night-time)
- Underwear
- Toiletries (for face, teeth, body & hair)
- Bath towel
- Magazines
- Handphone charger
- Camera charger & extra battery
- Laptop & charger
- Extra fabric / plastic bags for soiled items
More Resources


You may contact me at MieVee@MummysReviews.com.

Happy parenting and keep in touch!

MieVee

Founder and Writer
MummysReviews.com: Reviews & Tips for Smart Parents

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