



HOSPITAL — BAG — CHECKLIST

*What to pack in your
hospital bag!*



Core & Floor
restore

On the way to the hospital

ITEM	REASON	PACKED?
Three old (but clean!) towels	Put them down across the seats to avoid any stains	<input type="checkbox"/>
A sick bag	In case of vomiting	<input type="checkbox"/>
A small blanket	On the off chance babe arrives en route	<input type="checkbox"/>



For use during labour and birth

ITEM	REASON	PACKED?
Acupressure booklet – DOWNLOAD FOR FREE	Pain management	<input type="checkbox"/>
TENS machine	Pain management	<input type="checkbox"/>
Acupressure comb or try the birth weapon	Pain management	<input type="checkbox"/>
Stress ball or sponge	Pain management	<input type="checkbox"/>
Self-massage tools	Pain management	<input type="checkbox"/>
A birth Sling	A game changer for active birth positioning	<input type="checkbox"/>
Hair bands	Labour is sweaty! You'll want that hair off your face.	<input type="checkbox"/>
Lip balm	Your lips may get really dry in labour.	<input type="checkbox"/>
Massage oil	Dry massage causes friction burns/pain the day after. Massage calms your senses and increases oxytocin.	<input type="checkbox"/>
Essential Oils	Can assist with uterine contractions, decreasing anxiety and pain management. Great for use post-birth too!	<input type="checkbox"/>
An epic birth playlist that really vibes with you and a speaker. Check what your hospital has – but you can take your own.	Get the oxytocin flowing with some beats!	<input type="checkbox"/>
Fake candles (Check what your hospital has – you should be allowed fake candles)	To set the mood and create a dark, safe space – gets the oxytocin flowing.	<input type="checkbox"/>
A mirror (Check what your hospital has)	This can help if you need a little direction when pushing or you want to watch your baby being born.	<input type="checkbox"/>
Earbuds/earphones for you and your support person	Listen to birth meditations or music	<input type="checkbox"/>

For use during labour and birth

ITEM	REASON	PACKED?
<p>Heat packs – check with hospital if they have them or if you're allowed to bring in your own.</p> <p>Check out these epic ones that can be inserted into the Bare Mum undies. They are also epic for postpartum and during your period #SoManyUses SEE THEM IN ACTION HERE</p> <p>And this epic BodyICE Maternity Care Box</p>	Pain management	<input type="checkbox"/>
A large drink bottle with a straw	Ease of drinking when exhausted	<input type="checkbox"/>
Snacks for you and support person/people – think lollies, coconut water, Powerade, bliss balls etc. Have a selection – who knows what you'll feel like on the day!	To give you energy & sustenance	<input type="checkbox"/>
Swimmers for you and your partner/ support person	To wear in the shower/bath if you don't want to be naked. Your support person/ people may want to get in with you.	<input type="checkbox"/>
Loose, comfortable clothes that are easy to remove	Wearing your own clothes in labour makes you feel safe (decreasing adrenaline) and fosters a healthy state of mind. A hospital gown may make you feel like you are vulnerable or sick.	<input type="checkbox"/>
Changes of clothes for your support people	In case they get wet or bodily fluids on them, or they can stay with you post birth.	<input type="checkbox"/>
Pillow or any other items of comfort like birth affirmations, towels or photos	It's your labour room until you birth your baby. Don't be afraid to take items with you that help you to feel at home.	<input type="checkbox"/>
Maternity pads - try these herbal infused pads to relieve discomfort, eliminate bacteria and balance pH. And pop some in the freezer for postpartum.	For during labour if your waters have broken and you're wearing undies and for post birth relief.	<input type="checkbox"/>
Phone and phone charger	For taking pics, videos and announcing to the world that you birthed a baby!	<input type="checkbox"/>

Post birth

They may not all be required for hospital but are important to have organised prior to labour. This eliminates the need to leave home in those first few days.

ITEM	REASON/TIP	ORGANISED?
Maternity disposable underwear and pads to monitor blood loss	I'm big into sustainability – I used cloth nappies for my son. But for the first couple of days post-birth, I do love a disposable adult nappy. They're easy, comfortable and save blood-stained undies.	<input type="checkbox"/>
These epic high-waisted undies have an inbuilt heat/ice pack giving you so much comfort	Comfort	<input type="checkbox"/>
Toiletries - this epic pack has everything you'll need and fits easily into your hospital bag. Babies are super sensitive to smell. They use it to find the breast. Strong perfumes, washes and deodorants can interfere with this. It's why I love MooGoo	You'll want your favourite soap or body wash for that epic first shower post birth.	<input type="checkbox"/>
Neutral deodorant	Your baby is super sensitive to smell. Strong deodorants and perfumes can interfere with early breastfeeding.	<input type="checkbox"/>
Comfy Pyjamas or tracksuits	The looser your clothes post birth the better, including undies! Especially if you have a caesarean.	<input type="checkbox"/>
Qiara Pregnancy and Breastfeeding probiotic	An epic probiotic that crosses breastmilk to cover babe too. Essential if you have antibiotics in labour and birth which can be common.	<input type="checkbox"/>
Silverettes nipple soothing cups	These are a godsend whilst breastfeeding. They are an absolute MUST for your hospital bag!	<input type="checkbox"/>
If you don't get the Silverettes (but please do!) then make sure you grab this nipple butter . It's incredibly versatile – from nipples to lip gloss to your baby's bum.	To sooth and restore sore nipples whilst establishing breastfeeding.	<input type="checkbox"/>
Massage oil	Dry massage causes friction burns/pain the day after. Massage calms your senses and increases oxytocin.	<input type="checkbox"/>

Post birth

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Hydrogel discs also help sooth sore nipples. Some people love them, but many don't love the alcohol smell they leave behind.	Pop them in the fridge for some extra comfort.	<input type="checkbox"/>
Reusable nursing pads	To save your shirt from milk leaks!	<input type="checkbox"/>
Perineal Wash Bottle	Urine on a graze or tear is painful. Use this to wash away whilst you wee!	<input type="checkbox"/>



For baby post birth

ITEM	REASON	ORGANISED?
Nappies	Your hospital may supply some or all of these but many don't anymore.	<input type="checkbox"/>
Nappy Balm My favourite is Moogoo but we stock a whole range and you can also use the Maternal Instincts Nipple Butter	Avoid nappy rash on your baby's bottom.	<input type="checkbox"/>
Clothes (in a couple of different sizes and brands as sizes can vary a lot between brands), beanies and wraps. Generally babes need one extra layer than what we are wearing (and this layer can be the wrap). Having a combination of short sleeve under garment outfits and long sleeves is a good idea especially with hospital air con. Make sure your onesies are zips – buttons suck!	If you have a dog or cat, it can be a good idea to take a baby blanket home before bub. This helps your animal become familiar with your baby's smell.	<input type="checkbox"/>
Photo items – such as welcome and introduction plaques. Use code CORE for 10% off Milk and Poppy milestone cards	If that's your thing!	<input type="checkbox"/>
Frozen expressed colostrum Collect antenatally using these silicone colostrum collector sets .	If you managed to express during your pregnancy, take your colostrum with you in case you need it post birth.	<input type="checkbox"/>
Bottles and formula if you are planning to formula feed	You do not need to take formula in if you're planning to breastfeed. Should your babe require formula for medical reasons, the hospital will have some.	<input type="checkbox"/>