

HOSPITAL BAG

Checklist

Mama & *Baby*

- Pjs / robe
- Nursing bras
- Socks / Underwear
- Flip flops or slippers
- Women's pads & diapers
- Postpartum underwear
- Shampoo / Conditioner
- Toothbrush / Toothpaste
- Natural deodorant
- Hair Brush / Hair ties
- Toiletry bag
- Chapstick
- Cozy blanket
- Black combs for labour
- TENS machine
- Going home outfit

- Carseat
- Swaddle blankets
- Newborn & size one diapers
- Wipes
- Hat / Socks
- Onesies (2 sizes)
- Pjs
- Going home outfit
- Burp cloths
- Baby nail file
- Car seat cover

OTHER:

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Notes:

<input type="checkbox"/> BIRTH PREFERENCES	<input type="checkbox"/> HEALTH CARD
<input type="checkbox"/> WALLET	<input type="checkbox"/> SNACKS

SNACK BAG Checklist

For Early Labour

- Filtered water
- Hydration tablets
- Coconut water
- dried fruit and nut mix
- Fruit with nut butter
- Dates
- Quinoa with avocado & egg
- Balanced green smoothie
- Chia pudding

Post birth / Hospital Stay

- Grass-fed yogurt
- Seaweed
- Apples
- Clean ingredient granola bars
- Coconut chips
- Energy Balls
- Clean protein powder
- Seed crackers
- Lactation cookies
- Bone broth

OTHER:

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Notes:

_____ RECIPES

_____ MEAL PREP

_____ GROCERY SHOP

_____ PACK COOLER

FOOD FOR MOOD

Natalie Pierzchalski

