

Hospital Bag Checklist

by Sara Youssef (@sara_why)

For Mum-to-be:

- o Towel
- o At least 5 dark briefs
- o 2 nursing bras
- o 1 nursing singlet
- o Belly Belt
- o 1 set Comfy PJ's
- o Robe
- o Going home outfit
- o Jilbab/slip on scarf if needed
- o 1 pair flipflops
- o 1 pair socks
- o Wash bag for dirty clothes

For Baby:

- o Newborn Nappies (some hospitals may provide)
- o Dummy
- o Bottle
- o 2 newborn Wondersuits
- o 2 newborn onesies (short sleeve)
- o 1 pair socks
- o 1 pair mittens
- o Nappy rash cream
- o 1 packet water wipes
- o 1 Beanie
- o Going home outfit
- o Wrap/Blanket

Toiletry Bag:

- o Travel size Shampoo & Conditioner
- o Breast Pads
- o Maternity Pads
- o Make-up remover
- o Moisturiser
- o Toothbrush & Paste
- o Lip Balm
- o Nipple Cream
- o Hair Brush
- o Hair Ties
- o Hijab Pins (if needed)
- o Natural Deodorant
- o Hand Sanitiser
- o Make-up pouch (optional)

Extras:

- o Phone Charger (keep phone charged to have Quran playing)
- o Camera
- o ZamZam Water
- o Dates
- o Snacks
- o Refillable water bottle
- o Birth Essential oils & Diffuser (if using)

*Wishing you a safe
& smooth delivery.*

Love, Sara.