

WHAT TO PACK:

Mommy:

- ☐ Water Bottle, energy drinks
- ☐ Snacks, small eats
- ☐ At least 20x linen savers
- ☐ 2x night dresses & gown
- ☐ 2x fresh underwear
- ☐ Maternity Pads
- ☐ Face cloth and toiletries
- ☐ Chargers for devices
- ☐ Non-wired/ Breastfeeding bra
- ☐ Socks & slippers
- ☐ Towel

Baby:

- ☐ At least 2x newborn nappies
- ☐ Vest
- ☐ Baby grow
- ☐ Cardigan in newborn size
- ☐ Cosy hat
- ☐ Baby blanket

NOTES:
