

# labour + delivery checklist.

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# mamas essentials checklist.

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- WATER BOTTLE WITH STRAW
- LIP BALM
- HAIR TIES/CLIPS
- TOILETRIES
- NURSING BRA
- LADIES NAPPIES + PADS
- SHOWER JANDALS
- BUTTON UP PJS + FLUFFY SOCKS
- DARK COLOURED COMFORTABLE CLOTHING
- COTTON UNDERWEAR
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# babys essentials checklist.

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- BLANKET
- SWADDLES/WRAPPS
- ZIPSUITS
- VESTS/BODYSUITS
- SOCKS/BOOTIES/BEANIES
- WET BAG/LAUNDRY BAG
- CARDIGANS/JUMPERS
- PACIFIERS
- FIRST OUTFIT/GOING HOME OUTFIT
- INSTALLED CAR SEAT
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# wipes + creams checklist.

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- BABY WIPES
- NAPPY CREAM/BABY BUM BALM
- NIPPLE BALM
- PERI BOTTLE
- NEWBORN NAPPIES
- HAND SANITISER
- FACE WIPES
- NURSING PADS
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# possible extras checklist.

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- BLANKET FROM HOME
- FACIAL SPRAY
- WHEAT PACKS
- CAMERA
- SNACKS
- FEEDING PILLOW
- NURSING COVER
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# when you leave checklist.

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- OWN PILLOW FROM HOME
- EXTRA LONG PHONE CHARGING CORD
- CHARGED BLUETOOTH SPEAKER/MUSIC
- CAMERA
- NORMAL MEDICATION (IF ANY)
- AIRPODS/HEADPHONES
- IDENTIFICATION
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#### ORGANISING TIP

create a checkable list in your notes app and 'share the note' with your partner/birth partner/support person.

check things off as you pack.

designate the 'when you leave' checklist to your support person so it is their job to ensure you have all you need before you leave.