

## •• Hospital Bag Checklist

---

### For Mommy

- For Birth Plan  
(if you have decided to do C-Section)
- Dressing Gown  
(we call it "sarong")
- Slippers
- Socks
- Hairband/ Hair Ties/ Hair Brush
- Toiletries
- Music/ Books (to keep yourself entertained & relax)
- Going-Home Outfit  
(long sleeves & long pants)
- Nursing Bra
- Breast Pad
- Maternity/ Disposable Panties
- Lip Balm (in case your lip get dry/cracked)
- Nipple Cream
- Maternity Pad
- Breastfeeding Pillow
- Towels, Hairbrush, Toothbrush  
and Toothpaste
- Breast milk Collectur Cup
- Red Date Drink or Other Confinement Drink

### For Baby

- Going - Home Outfit (romper)
- Mittens & Booties/ A Pair Of Socks
- Baby Beanie / Caps
- Baby Swaddle
- Muslin Square
- Infant Car Seat
- Baby Handkerchief
- Baby Wipes
- Baby Diapers
- Baby Oil
- Small Sachet of Formula Milk  
(Recommend to breastfeed. Standby  
formula milk just in case)

### For Daddy

\*\*Gives full support to mommy and stay right next to her.