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## HOSPITAL BAG

- Pj's
- Slippers/Thongs
- Maternity Pads/Adult Disposable
- Nappies
- Maternity Bras
- Breast Pads
- Underwear
- Labour Clothing - Active Wear/Pjs/  
Loose Clothing - Leggings, Singlets,  
Shorts, Tshirts, Lounge Pants,
- Toiletries - Toothbrush, Face Washer,  
Tooth Paste, Cleanser, Moisturiser,  
Makeup, Lip Balm
- Tissues
- Hair Brush and Hair Dryer
- Towel and Face Washer, Face Wash,
- Massage Oil
- Relaxation Products/Aromatherapy
- Hydration For Labour/Snacks/Water
- Bottle
- Support Pillow
- Feeding Pillow
- Heat Pack (if permitted)
- Pregnancy Summary Paperwork
- Ipod/Music/Phone Charger/Speaker
- Books/Magazines
- Going Home Clothes - Leggings/  
Singlets/Loose Shorts, Loose Pants  
Shoes
- Medicard/Health Insurance Card
- Camera/Phone
- Lactation Cookies
- Nipple Balm
- Belly Butter - Stretch Marks Can Still  
Happen After Birth!
- List Of People To Call/Sms

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## BABY BAG

- Nappy Bag
- Nappies
- Wipes
- Baby Wash, Moisturiser
- Cotton Balls
- Nappy Cream/Bottom Balm
- Wraps/Blankets
- Singlets
- 10x Outfits
- Beanie
- Socks
- Mittens
- Hello Card, Pens, Texta