

# HOSPITAL BAG CHECKLIST



## The Essentials

### FOR MAMA

- Mobile phone and charger
- Cash and Octopus card
- Prenatal records and pre-filled registration forms
- HKID card
- Insurance card and details
- Doctors' contact info  
*(OB-GYN and Paediatrician – not applicable for a public hospital birth)*
- Birth plan
- Personal toiletries  
*(if the hospital doesn't already provide them or you'd prefer your own)*
- PJs or a nursing gown  
*(if you'd prefer your own)*
- A change of clothes
- Comfortable underwear
- Nursing bra
- Entertainment – iPad, Kindle, headphones, etc.
- Hypnobirthing audios downloaded to your mobile *(and written/printed notes for your partner!)*

### FOR BABY

- Receiving blanket
- Burp cloths
- Going-home outfit
- Car seat/baby carrier
- Pacifier *(if you want)*



## Optional Items

- Personal TENS machine
- Lip balm *(lips can get quite dry during labour)*
- Flip-flops
- Breast pump *(if not renting from the hospital)*
- Silverettes *(if using them)* and breast pads
- Witch hazel pads
- Night eye-mask
- Earplugs
- Nappy cream
- Nipple cream
- Peri bottle *(a godsend for going to the toilet after a spontaneous vaginal delivery)*
- Gifts and cards for the hospital staff

### FOR PAPA

- Cash and Octopus card
- A change of clothes
- HKID card
- Personal toiletries
- House keys
- List of people/numbers to call after birth
- Camera
- Entertainment *(maybe even games you enjoy together - it might be a long night!)*

### FOR A HONG KONG PUBLIC HOSPITAL BIRTH

- All essentials mentioned
- Waterproof bed liners
- Maternity pads
- Mesh underwear *(or old underwear you are ready to throw out)*
- Newborn diapers
- Baby wipes
- Bottle to refill water from the drinking station
- A lock for your valuables
- Snacks *(the food definitely isn't to everyone's taste!)*
- Any extra requirements as specified by your hospital