

# What to Pack In My Hospital Bag?



**Sr. Victoria Black**  
INDEPENDENT MIDWIFE

proteanurse@outlook.com  
+27 72 756 9746  
(WhatsApp & Emergencies)  
15 5th Road,  
Greymont, 2195  
www.proteanurse.co.za

Pack enough for 4 days in case of an emergency C-section, so that you have enough for the duration of your hospital stay.

## Mommy

- Toothbrush & Toothpaste
- Shampoo
- Body wash/Soap/Body Lotion (Preferably not perfumed)
- Deodorant
- Hair Ties & Hairbrush
- Lip-Ice
- Make-Up (If you want)
  
- Bathrobe/Gown
- Socks
- Dark or Old Towels
- Flip Flops/Sandals/Slippers
- Dark Underwear or Disposable Hospital Panties
- Maternity Pads
- Sea Salt (for Perineum Care)
- Comfy Bras/Breastfeeding Bras
- Sport bra/Clothing that can get wet (waterbirth)
- Comfy PJs that are easy to unbutton/breastfeed with
  
- 2-Point adapter
- Cellphone & Charger
- Radio/Laptop/Music player for music
- Juice, Water, Energade, Lucozade
- Candles & Essential Oils (Optional)
- Healthy Snacks
- Any special items you would like to bring with for labour & breastfeeding

## Baby

- Swaddle blankets x2
- Fleece blanket x2
- Onesies/Jumpsuits (Both short and long sleeves)
- Baby Car Seat (NB!)
- Unscented Baby Wash
- Unscented Wet Wipes
- 2 Packs of Diapers
- Newborn Size 0 or 1
- Newborn Hat x2-3
- Baby Socks x2-3
- Baby Towel x2
- Wecesein Powder for the umbilical cord
- Baby Bum Cream
- Unscented Aqueous Cream
- Cotton Wool Balls

## Daddy/Partner

- Comfortable Clothes
- Swimming trunks/Clothing that can get wet If you'd like to get in the bath (waterbirth)
- Flip flops/Slippers
- Socks
- Toiletries & Personal Items
- Cellphone and Charger
- Camera, Batteries & Charger
- Snacks & Drinks

*This is a generic list. You can add any additional items in your bags that you may need!*