

Sol Midwifery Hospital Bag Checklist

Birthing person and support

- Lip balm or lip gloss
- Snacks and drinks (electrolytes preferred)
- Phone charger/camera
- Slippers Hair tie/band
- Toiletries
- Washable dressing gown (front opening for breastfeeding)
- Two or three nightgowns or pairs of pyjamas (front-opening for breastfeeding)
- Nursing bras
- Comfy slippers
- Speaker
- Water bottle with a straw
- Collected Colostrum (if applicable)
- Breast pump (optional)

Baby

- Vaseline/olive oil/coconut oil for baby's bottom
- Car seat (leave it in the car)
- Swaddles/blankets
- Outfits for ride home
- Baby wipes

Diapers and maternity pads are provided by the hospital. However feel free to bring your own.