



The only hospital bag guide that won't make you want to scream before contractions even start

BAG IT & BIRTH IT



By
Eklektik Mama

TIPS



Let's be honest - packing your hospital bag shouldn't feel like you're prepping for a three-week trek through the Andes. But somehow, it always does.

This is your no-panic, actually-useful checklist. Whether you're days away from baby, or just the type who likes to panic-pack at 2am for fun, this is everything you need for a smooth hospital stay (and a shred of sanity).

THE HACK YOU'LL THANK ME FOR

Pack each of baby's outfits (hat, nappy, vest, sleepsuit) in its own sandwich bag. Sounds ridiculous, works like magic. Midnight baby blowout? Grab a bag and you're sorted—no wrestling with a suitcase while running on two hours' sleep.

AND

DON'T FORGET

If you're booked for a c-section, ditch the earrings and jewellery before you stroll into hospital. No, you're not starring in ER. Yes, they will make you take them all off.



PACK LIST

FOR BABY

- 5 VESTS
- 5 SLEEPSUITS
- 4 HATS
- 3 MUSLINS
- 1 BLANKET
- NEWBORN NAPPIES (SIZE 0/1)
- BABY WIPES
- PRE-MADE FORMULA BOTTLES (OPTIONAL)
- PACIFIER (STERILISED)

FOR MUM

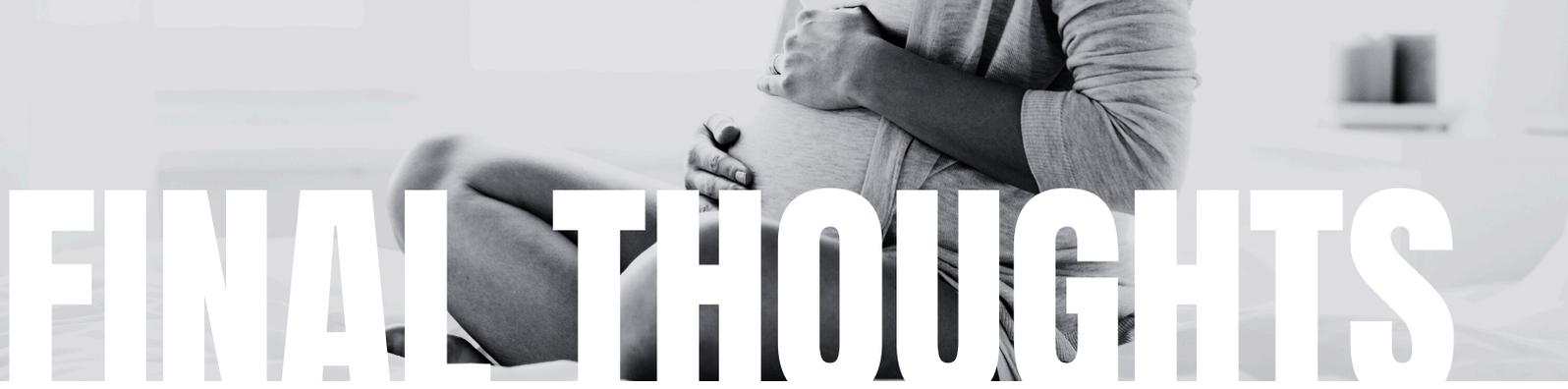
- POST PARTUM PANTS
- MATERNITY PADS
- BREAST PADS
- NURSING SHELLS (OPTIONAL)
- NURSING BRA X 2
- MATERNITY VEST TOP X 2
- PAIR OF PYJAMAS & NIGHTIE
- DRESSING GOWN
- XL LEGGINGS/JOGGERS X 2
- T-SHIRT X 2
- CARDIGAN X 2
- FLIP FLOPS & SLIPPERS

TOILETRIES

- SHAMPOO, CONDITIONER
- BODY WASH & DEODORANT
- TOOTHBRUSH & TOOTHPASTE
- TOWEL
- HAIRBRUSH & BOBBLES
- WET WIPES
- LIP BALM
- LANSINOH NIPPLE CREAM

EXTRAS FOR COMFORT

- BED PILLOW
- FEEDING PILLOW
- EXTRA-LONG PHONE CHARGER
- HEADPHONES
- TABLET/BOOK/ PLAYLIST
- COFFEE MUG & WATER BOTTLE
- HIGH ENERGY SNACKS
- CAMERA



FINAL THOUGHTS

Congratulations Mama!

We wish you an empowered and safe pregnancy journey.

When you're ready, we have your postpartum mama community ready to welcome you.

The newborn days can be a blur, and getting out of the house isn't always easy—but you don't have to do it alone.

Join our in-person events—from mama meet-ups to fitness classes.

Hop into our WhatsApp group—connect with local mums who get it, anytime, anywhere.

Raising hell and humans



www.eklektikmama.com

Big day,
big love.

by : Simone Mazlounian

**EKLEKTIK
MAMA**