Thyme MATERNITY

# LABOUR & DELIVERY CHECKLIST

## FOR MAMA

### CLOTHING

- ☐ NURSING SWEATER
- ☐ NURSING TANK TOPS
- ☐ NURSING BRALETTES
- ☐ 2-3 PAIRS OF PANTS
- ☐ 2-3 PAIRS OF PANTIES
- ☐ PYJAMAS
- ☐ COMFY ROBE
- ☐ COZY SOCKS

### PERSONAL ITEMS

- ☐ WATERBOTTLE
- ☐ SLIPPERS
- ☐ TOOTHBRUSH
- ☐ TOOTHPASTE
- ☐ DEODORANT
- ☐ LIB BALM
- ☐ LOTION / NIPPLE CREAM
- ☐ NURSING PADS
- ☐ MENSTRUAL PADS
- ☐ FACE WASH
- ☐ MINTS OR GUM

### ENTERTAINMENT

- ☐ PHONE
- ☐ PHONE CHARGER
- ☐ HEADPHONES
- ☐ SNACKS
- ☐ BOOK OR MAGAZINE
- ☐ DOWNLOAD ANY PODCASTS, TV SHOWS OR MOVIES

## FOR BABY

- ☐ 2-3 SWADDLE BLANKETS
- ☐ GOING HOME OUTFIT
- ☐ EXTRA SET OF CLOTHES
- ☐ SOCKS
- ☐ HAT OR HEADBAND
- ☐ PACIFIER (+ ONE BACKUP)
- ☐ DIAPERS
- ☐ WIPES

## FOR SUPPORT PARTNER

- ☐ 2-3 CHANGES OF CLOTHES
- ☐ WATERBOTTLE
- ☐ TOOTHBRUSH
- ☐ TOOTHPASTE
- ☐ DEODORANT
- ☐ SLIPPERS
- ☐ PHONE
- ☐ PHONE CHARGER
- ☐ BOOK OR MAGAZINE
- ☐ SNACKS

## OTHER ITEMS

- ☐ WALLET (ID + HEALTH CARD)
- ☐ INSURANCE INFORMATION
- ☐ CONTACTS (FAMILY MEMBERS, DOCTOR)
- ☐ CARSEAT (ALREADY INSTALLED)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
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