



# Essential Hospital Bag

CHECKLIST FOR NEW MOMS:  
EVERYTHING YOU NEED TO  
WELCOME YOUR BABY

FREE GUIDE  
BY *Tatiana Volpe*

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# I'm *Tatiana Volpe*

Certified Doula | Massage Therapist | Prenatal Educator



I am delighted to offer you this free maternity bag guide as you prepare for the arrival of your little one.



As a perinatal educator, massage therapist specializing in pregnant women, doula, and a mother myself, I understand the excitement and anticipation that comes with pregnancy.



*This guide is tailored to Australia hospital rules*, designed to help you pack everything you need for your hospital stay according to local regulations. Ensuring that you and your baby are comfortable and well-prepared for the big day is our priority.

Inside, you'll find a *checklist of essential items*, along with tips and suggestions to make your hospital stay as smooth as possible within the *Australian* context.

# Mom

## CHECK LIST

Comfortable clothes to wear during the birth can be a looser dress or just a top in the active phase, you will be without panties the whole time and when it comes to pushing, being naked promotes skin-to-skin contact, fostering a deeper bond between you and your baby.

- ☐ 1 COMFORTABLE CHANGE OF CLOTHES TO LEAVE THE MATERNITY WARD \* PREFERABLY WITH BUTTONS TO MAKE BREASTFEEDING EASIER BEFORE GETTING IN THE CAR
- ☐ 3 NURSING BRA
- ☐ 5 COMFORTABLE HIGH-WAISTED PANTIES
- ☐ 2 PACKS OF ABSORBENT PADS OR DISPOSABLE PANTIES
- ☐ 1 ROBE
- ☐ 2 COMFORTABLE PAJAMAS OR NIGHTDRESS
- ☐ 1 FURRY FLIP FLOP
- ☐ 1 FLIP FLOP SLIPPER( HAVAIANAS)
- ☐ 2 PAIRS OF WARM SOCKS

### PERSONAL HYGIENE PRODUCTS

- ☐ SOAP, HAIRBRUSH
- ☐ TOOTHBRUSH
- ☐ SHAMPOO
- ☐ CONDITIONER
- ☐ MOISTURIZING CREAM
- ☐ LIP BALM
- ☐ HAIR TIES



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# Baby

## CHECK LIST

- ☐ 2 COMPLETE SETS OF MATERNITY LEAVE WITH BLANKET  
(REMEMBER THAT IN THE HOSPITAL THE BABY ONLY WEARS  
DIAPERS AND THE HOSPITAL'S OWN BLANKET)
- ☐ 2 PACKS OF NEWBORN DIAPERS (CHECK IF THEY GIVE THEM  
AT THE HOSPITAL)
- ☐ CLEANING TISSUE
- ☐ OINTMENT AGAINST DIAPER RASH



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# Daddy

## CHECK LIST

- ☐ FOLDER WITH ALL DOCUMENTS FOR BIRTH  
(BIRTH PLAN YELLOW CARD)
- ☐ SHORTS TO GET IN THE BATHTUB WITH MOM
- ☐ 1 CHANGE OF CLOTHES TO CHANGE AFTER THE BATH
- ☐ 1 SLIPPER
- ☐ PERSONAL HYGIENE PRODUCTS



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I hope you find this guide helpful as you  
embark on this beautiful journey to

*motherhood.*

If you have any questions or would like to  
learn more about my services, including  
doula support, please feel free to visit my  
website [www.tativolpe.com](http://www.tativolpe.com)

*I am here to support you every step of the way.*

*Warm regards*

*Tatiana Volpe*

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