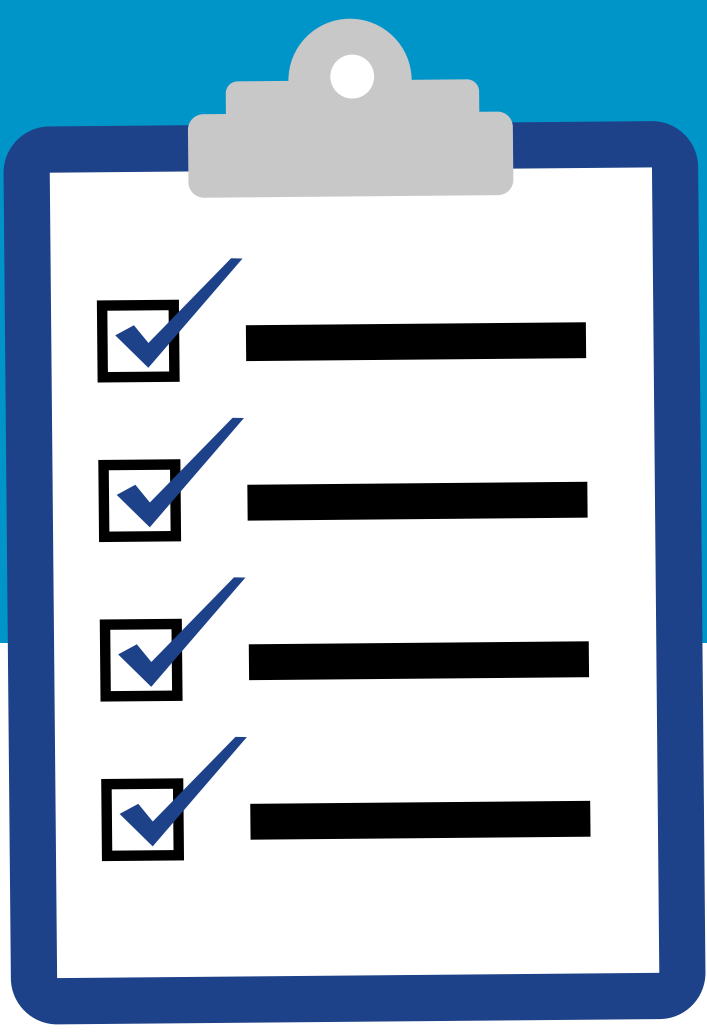


CG Zest Wellness Hospital Bag Checklist



Practical Items

- Insurance Card
Digital cards for CG customers can be downloaded [here](#)
- Prescribed Medication
- Glasses/Contact lenses
- Phone & Charging leads
(long lead or power bank)
- Pen and Paper
- Birth Plan & Medical Records

Breastfeeding Items

- Nursing Bra x2
- Nursing vests
- V neck t-shirt
- Wide opening Nightshirt pajamas
- Breast pads and nipple cream

Arrival Bag for Baby

- 6 vests, 6 baby grows and 6 bibs
- Cardigan
- Hats & Mittens
- Pre-washed baby towels
- Muslin cloths
- Swaddle Blanket
- 1 pack 24 newborn diapers
- Cotton wool pack
- Baby wipes (fragrance free)

Basic Essentials for Mom

- Masks & Sanitizer
- Hair Ties
- Lip balm
- Refillable water bottle (with straw)
- Light healthy snacks – e.g. rice cakes/fruit
- Socks (feet can get cold)
- Button down nightgown/pyjamas X3
- Underwear – cotton
- Sanitary Pads (2 Large packs for hospital stay)
- Bathrobe & slippers
- Maternity Bras/Support vests
- Birthing equipment (e.g. Tens machine or birthing ball)
- Empty Bag for laundry
- Small wash bag – wash cloth, soap, hairbrush, deodorant, face wipes.
- Toothbrush & toothpaste/Mouthwash

Bag for Birthing Partner

- Face masks/Sanitizer
- Sweater & change of clothes
- Camera/Phone Charger
Healthy Refreshments
- Toothbrush & paste/mouthwash
- Spare change/cash

Going Home Essentials

(Ask your birthing partner to bring these in the day you leave the hospital)

- New born car seat
- Diaper Bag
- Outfit for mom-loose comfortable clothes
- Outfit for baby & Baby blanket

Other

- _____
- _____
- _____
- _____

