



NUEBORN HOSPITAL BAG CHECKLIST

PREPARING FOR BIRTH CAN FEEL OVERWHELMING

With so much to think about, it's easy to overlook the small essentials that make recovery more comfortable.

This **checklist** helps you focus on what truly matters so you can enter this new chapter feeling calm, prepared, and supported.

We've also thoughtfully prepared many of these essentials for you in our **NUEBORN bundle**, so you can pack with ease and confidence.





ESSENTIALS TO PREPARE:

THE NON-NEGOTIABLES

- ☐ Doctor and Admission Documents
- ☐ Insurance Letters (if any)
- ☐ Identification card/ Passport
- ☐ Phone and Phone Charger

FOR MAMA

- ☐ Basic Toiletries
- ☐ Nursing bra
- ☐ Jacket/Cardigan to keep warm
- ☐ Comfortable going-home clothes

FOR BABY

- ☐ Spare outfit (optional)

FOR PAPA

- ☐ Change of Clothes

FOR HUNGRY BELLIES

- ☐ Your favourite comfort snacks





THOUGHTFULLY PREPARED, SO YOU DON'T HAVE TO.

The NUEBORN hospital bundles already include the most critical postpartum recovery essentials so **you don't have to source them yourself.**

FOR MAMA'S RECOVERY

💖 COMFORT AND HEALING:

- **Rael Postpartum Underwear** – Ultra-soft, 360 degree coverage, perfect for tender postpartum skin.
- **Pigeon Breast Pads** - Keeps you dry and comfortable as milk supply begins
- **Warm Socks** – Helps maintain warmth after delivery.

💖 BATHROOM AND GENTLE CLEANSING:

- **Rinse-Free Sponges** - Allows gentle cleansing without needing to shower, especially helpful during early recovery.
- **Hospicare Wipes** - Supports hygiene and comfort for sensitive areas.
- **Toiletries Organizer** - Keeps all your toiletries in one place.
- **Non-Slip Slippers** - Safe steps in hospital bathrooms.

💖 REST AND RECOVERY

- **Pillow Mist** - Creates a calming environment so you can rest more peacefully
- **Satin Hair Wrap & Scrunchie** - Gentle on fragile postpartum hair.
- **Eye Mask** - Because rest is recovery



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FOR BABY (LUXE MAMA BUNDLE ONLY)

- 🧡 Organic Cotton Short-sleeved Onesie,
- 🧡 Organic Cotton Long-sleeved sleepsuit
- 🧡 Organic Cotton Beanie, Mittens and Booties
- 🧡 2 signature Cotton Muslin swaddles (120 x 120)
- 🧡 2 Cotton Muslin Burp Cloth
- 🧡 Cotton Muslin Blanket





Many recovery essentials are often overlooked when packing a hospital bag. Having them ready beforehand allows you to focus fully on resting and bonding with your baby.

The NUEBORN Mama Bundle was thoughtfully curated so you can step into this new season feeling calm and at ease.

With love,
NUEBORN



LUXE MAMA BUNDLE



**HOSPITAL READY
MAMA BUNDLE**

Discover the NUEBORN Mama Bundle