

## Adult Bag Checklist

### Essentials

- Wallet
- Phone
- Keys

### Mother care

- Breast pump (if used)
- Breast pads (if needed)
- Sanitary or maternity pads (if needed)
- Medication (if needed)
- Water bottle
- Snack

### Clothing

- Spare change of clothes
- Extra maternity bra (if needed)
- Hat

To download more nappy bag checklists, visit <http://www.parenthub.com.au>