

## Article one: Organising your WM Hospital GO-BAG CHECKLIST

Every Hospital Go-Bag is different.  
You may find a few items irrelevant to your needs.  
Edit if you must. Items/brand mentions are "suggestions".



Hospital GO-Bag	
<ul style="list-style-type: none"> <li>- <b>Don't forget to lock up and your house and car keys</b></li> </ul> <p><b>Documents:</b></p> <ul style="list-style-type: none"> <li>- Important contact numbers / Save them in your phone</li> <li>- Philhealth docs MDR form and proof of OR's of last 3months</li> <li>- HMO documents/endorsements/ admission orders</li> <li>- insurances/etc</li> <li>- Birth plan</li> <li>- government issued ID's</li> <li>- Add pen and paper too!</li> </ul>	<p><b>For Baby:</b></p> <ul style="list-style-type: none"> <li>- Receiving blankets</li> <li>- swaddles</li> <li>- tiesides</li> <li>- mittens/ socks/ baby bonnet</li> <li>- lampin / burp cloth</li> <li>- disposable diaper for newborn</li> </ul> <p><b>Personal items for babies:</b></p> <ul style="list-style-type: none"> <li>- wipes</li> <li>- gentle cleansers (i.e. Mustela)</li> <li>- liquid talc</li> </ul>
<p><b>Garments</b></p> <ul style="list-style-type: none"> <li>- Robe</li> <li>- underwear</li> <li>- change of clothes/easy wearables</li> <li>- non-skid socks 3 pairs</li> <li>- medical grade binders</li> <li>- nursing cover</li> <li>- nursing bras</li> <li>- towels, wash cloth and hand towels</li> <li>- jacket</li> <li>- Going home outfit</li> <li>- Laundry Bag</li> </ul>	<p><b>Things for the BABYDADDY:</b></p> <ul style="list-style-type: none"> <li>- extra clothes (shirts, PJs, underwear)</li> <li>- jacket</li> <li>- Wallet / ATM/ money for downpayment /loose change for vending machines</li> <li>- socks</li> <li>- slippers</li> <li>- Extra Pillows / Snug-A-Hug</li> <li>- extra Blankets</li> <li>- -entertainment / light readings / iPad /wifi etc</li> </ul>
<p><b>Personal items (packed into small containers)</b></p> <ul style="list-style-type: none"> <li>- soap</li> <li>- shampoo</li> <li>- lotion</li> <li>- toothpaste</li> <li>- mouthwash</li> <li>- lip gloss</li> <li>- deodorant</li> <li>- disposable breast pads</li> <li>- feminine wash</li> <li>- hair brush</li> <li>- pocket mirror</li> <li>- make up</li> <li>- light scented cologne</li> <li>- moisturisers</li> <li>- head bands/ hair ties</li> <li>- maternity pads or overnight pads</li> <li>- easy slip on slippers</li> <li>- alcohol / hand sanitizers (BIG enough for visitor's use)</li> <li>- face masks (pre cautionary measure)</li> <li>- facial tissues / wipes</li> <li>- Basic vitamins &amp; medicines (biogesic, etc)</li> <li>- cotton balls/swabs</li> <li>- oil/ ointments balms</li> <li>- no rinse shampoo (for po ge lai)</li> <li>- eye glasses (if you have one) contacts and solutions</li> </ul>	<p><b>Gadgets / etc.</b></p> <ul style="list-style-type: none"> <li>- Cellphones /pre-paid cards</li> <li>- Cameras / extra memory cards -as backup</li> <li>- chargers.</li> <li>- earphones</li> <li>- Glucometer (if you have one) test strips and lancets (*tip You'll save a lot on this. Rather than being charged by the hospital. Bring your own!)</li> </ul> <p><b>Others:</b></p> <ul style="list-style-type: none"> <li>- dish washing soap for cleaning utensils</li> <li>- sponge</li> <li>- rolls of tissue paper</li> <li>- snacks / lactating goodies</li> <li>- drinking water</li> <li>- 3-1 coffee</li> <li>- water heater (to avoid going to various parts of the hospital for hot water)</li> <li>- swiss knife tool (or any multi-tool)</li> </ul>

If you wish to add useful items for the checklist please let me know!  
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