



HOSPITAL BAG CHECKLIST

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FOR YOU - LABOUR

- Maternity Notes
- Birth Preferences
- Comfortable t-shirt or nightdress
- TENS machine
- Aromatherapy/massage oil
- Snacks
- Water
- Hairband and clips
- Water spray and fan
- Towel
- Bluetooth speaker
- Phone with chosen music/guided meditations
- Battery tealights/fairy lights
- Positive affirmation cards

FOR BABY

- 6 vests
- 6 sleepsuits
- Cardigan
- 2 pairs scratch mitts
- 2 hats
- Jacket or pramsuit if winter
- Soft blanket
- Muslin cloths
- Newborn nappies (about 10 per day)
- Nappy bags & cream
- Cotton wool balls (wipes are not recommended until baby is 2 weeks old)
- Going home outfit
- Car seat

FOR YOU - AFTERWARDS

- Dark coloured PJs or nightdress
- Dressing gown & slippers
- Going home outfit (stick with your maternity stuff, think comfort over style - loose, high waisted etc.)
- Big dark coloured knickers (avoid the disposable ones, they're awful!)
- Maternity pads - the bigger the better, trust me...
- Breast pads, nursing bras and nipple cream (if you plan on breastfeeding)
- Towel & flannel
- Toothbrush
- Deodorant
- Shampoo
- Fragrance-free shower gel or soap
- Lip balm
- Hairbrush

FOR YOUR PARTNER

- Phone & charger
- Change for the car park
- Change of clothes
- Deodorant
- Books/magazines