

# HOSPITAL BAG CHECKLIST

## MUM'S CHECKLIST

- Birth plan and hospital paperwork.
- A few changes of clothes, including; some comfy clothes to leave the hospital in, something loose and comfortable for giving birth, a T-shirt is ideal. If you're planning a water birth, a bikini or tank top would be a good choice for the birth pool.
- Nursing bras (2-3) or comfortable and supportive bras and a pack of breast pads.
- Maternity pants and pads - 1-2 packs.
- Sleepwear:
  - A few pairs of knickers.
  - Comfy PJs and front-opening nighties.
  - Dressing gown.
  - Slippers (some flip-flops may come in handy too).
- A portable fan. Look for one that sprays water, as hospitals can get quite hot.
- Hair ties or a scrunchie to help keep your hair back during labour.
- A water bottle - it's essential to stay hydrated during labour. Top tip: Pack one with a sports lid or a straw to make it easier to drink from.
- A TENS machine if you plan to use one. Check that it's in good working order, and pop spare batteries in your hospital bag just in case.
- Headphones or speakers.
- Mobile phone and charger.
- Ear plugs and an eye mask. These will be especially handy if you're on a ward or sharing a room and want peace and quiet.
- Healthy snacks.
- Toiletries, including:
  - Toothbrush and some toothpaste.
  - Shower gel.
  - Shampoo and conditioner.
  - Deodorant.
  - Hairbrush.
  - Moisturising lotion and hand cream.
  - Lip balm.

## BABY'S CHECKLIST

- Hats, scratch mitts and babygrows (we suggest taking 4 sets minimum).
- Nappies - a full pack.
- Muslin squares.
- Fragrance and alcohol-free baby wipes or cotton wool for changing.
- Going home outfit.
- Baby car seat base installed (if required).
- Baby car seat suitable for newborns.

## PARTNER'S CHECKLIST

- Variety of healthy and nutritious snacks.
- Water bottle (preferably one with a sports cap).
- Magazines, books or a tablet.
- A pillow.
- A change of clothes.
- Phone and charger.

Find out more helpful tips on what to pack in your hospital bag for C-sections and potential early births.