

Hospital Bag

Summary

For Mama

- Labour clothes - 2x sets
- Comfy nightwear - 2x sets
- Comfy day clothes - 2x sets
- Clean, comfy underwear
- Socks & slippers or sliders
- Extra absorbent maternity pads
- Breast pads
- Wash bag with toiletries
- Lip balm
- Wire free or nursing bras

For baby

- Vests and sleepsuits
- Thin blankets for layering
- Muslin squares
- Car seat (& thicker blanket if cold)
- Hats
- Nappies (& wipes if needed)
- Cotton wool
- Nappy cream

Other Essentials

01 Birth Plan & maternity hospital notes

Notes:

02 Any special pillows, nursing cushion or blankets

Notes:

03 Your own towels - for body, hair and hands if you wish

Notes:

04 Medication, glasses/contacts and pain relief e.g. TENS machine

Notes:

05 Water bottle, isotonic drinks and snacks

Notes:

06 Entertainment; phone and charger, books or playlists

Notes:

07 Comfort items e.g. battery candles, light projector, mini speaker, oils

Top tip: pack a spare carrier bag or similar to contain any dirty clothing!

Extra Notes:

Hospital Bag

Recommendations & Tips

Birth Partner Checklist

- Phone, camera and chargers
- Change of clothes & undies
- Deodorant, toothpaste & toothbrush
- Snacks & drinks
- Wallet & spare change
- Medicines or eyewear

Washbag Essentials

- Deodorant, mild body wash, hair wash, hair brush, toothbrush & paste, mild moisturiser, face wash, flannel, hair bands

My extras:

Feeding

- If you plan to breastfeed, don't worry about taking a pump or special supplies - if these are needed, the hospital have medical grade equipment for your use
- If formula feeding, the ready-made bottles are suitable for hospital as the milk is sterile, unlike powder which needs careful preparation

Labour clothes -

- Nightgowns/dresses are best as they save removing bottoms constantly for checks you may need
- If you plan to use the birth pool, plan to pack accordingly, with swimwear for you and your partner

After the Birth

- Big, special maternity pads are best for absorbing the bleeding - even if you have a C-section, these are vital
- Pants - make sure they are comfy and give good coverage for the pads. Some women find packing disposable pants convenient, too!

Comforts

- Ensuring you are comfortable is essential. Lip balm is a must for the hospital's dry air, and consider a small fan, water spray or flannel for keeping cool
- If you want to use any specific birthing equipment, be sure to check ahead of time what is available on your maternity unit

My extras:

Extra Notes: