

# 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:

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## 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: