

HOSPITAL BAG CHECKLIST

Not sure what to pack? Here's our checklist of everything you and baby will need for the big day.

Hospital Bag for Mum: Labour and Delivery

Birth plan/hospital notes	Print off a few copies just in case.
Dressing gown	A comfy cover-up for pacing through corridors.
Slippers or flip-flops	Ones that slip on without the need to bend over.
Lip balm	Your lips can get chapped during labour.
Water spray/travel fan	Keep cool through labour.
Tablet, books or music	Download fave films or pack something to read.
Snacks and drinks	Pack healthy treats to keep energy levels up.
Sports bottle	Choose something easy to sip from.
Extra pillow(s)	You may want more than the hospital has.
Massage oil	A little massage can be relaxing and ease pain.
Socks	Pop some on if your feet get cold during labour.
Eye mask and earplugs	For some well-deserved rest!

Hospital Bag for Mum: After Delivery

Nightdress/pyjamas	Front-opening ones if you plan to breastfeed.
Nursing bras	Be prepared with a few.
Toiletries/towels	Everything you'd pack for an overnight stay.
Maternity pads	It's normal to bleed heavily after labour.
Breast pads	For any leaks.
Knickers (several pairs)	Not the time for your faves! Opt for comfort.
Phone and charger	Share the big news!
Glasses/contact lenses	If you use them, of course.
Maternity clothes	To go home in – you will still have a bump.

Hospital Bag for Baby

Baby clothes	Bring 3-4 bodysuits and 3-4 sleepsuits.
Baby blanket	For cuddles and the car seat on the way home.
Newborn nappies	They can get through 10-12 a day – pack a lot!
Cotton wool/baby wipes	Remember newborn skin is very sensitive.
Muslin squares/bibs	For plenty of uses, especially dribbles!
Socks, mittens and hats	Keep your baby cosy and warm.
Going-home outfit	Add mittens and a jacket/snow suit for winter.
Car seat	Alright, not for the bag, but it's a must-have!

Hospital Bag for Birth Partner

Phone and charger	Keep in touch with loved ones.
Camera and memory card	For those first few photos!
Snacks and drinks	Also bring coins for vending machines.
Change of clothes	It's difficult to know how long you'll be there.
Pillow/blanket	You might need to get some rest, too.
Tablet, books or music	Have something to do during downtimes.

Remember: Pack for the season you'll be going into labour. Think extra blankets for winter and baby vests for summer.

