

HOSPITAL BAG CHECKLIST

For you & partner

- hospital notes with birth plan
- TENS machine
- drinks & snacks for yourself and partner
- button up nightdress
- 2nd nightdress or pyjamas (button up)
- 3 pairs of socks
- towels & dressing gown
- 5-6 pairs comfy cotton knickers
- 2 nursing bras & breast pads
- plenty of maternity pads
- toothbrushes & toothpaste
- hairbrush
- moisturiser
- shower gel
- deodorant
- shampoo
- slippers
- hair ties
- loose, comfy going-home outfit
- spare clothing/nightwear for partner
- pair of glasses/contact lenses
- change for car park
- full petrol tank
- phones & chargers
- laundry bag

For baby

- 10 - 20 new-born nappies
- nappy bags or wet bag
- cotton wool or natural wipes (1-2 packs)
- blanket
- scratch mitts
- 1-2 muslin cloths
- 5 vests
- 5 onesies with feet
- 1 going home outfit
- jacket or suit
- hat and booties
- car seat

Nice to have

- books/magazines/games/e-reader
- playlist and speakers for labour
- make up
- lip balm
- ear plugs & eye mask
- pillow
- water spray
- massage oil
- nipple balm
- lavender oil or spray
- notebook
- camera

