



HOSPITAL BAG CHECK LIST

Documents

- Maternity notes
- Birth plan
- Important phone numbers (incase your phone runs out of charge!)

Feeding

- items needed for breastfeeding- nursing bra and breastpads
- items need for bottle feeding
- muslin cloths
- feeding pillow

Clothing

- knickers- disposable
- sleepwear
- going home outfit for you & baby
- vests, babygrows and mitts
- nappies
- hair bands and ties

Toiletries

- maternity sanitary pads
- toothbrush and toothpaste
- hairbrush
- face cloths & moisturiser
- body wash
- deodorant
- wipes/ cotton wool
- lip balm
- towel for the shower

Entertainment

- laptop/ tablet
- e-reader/ kindle
- books
- magazines
- crosswords/ puzzles

Don't forget!

- phone charger
- camera
- car seat
- fill petrol tank
- change for parking
- snacks & drinks
- pain killers
- hand sanitiser