



Hospital bag checklist



Pre-labour must-haves for mums

- Packing cubes or zip-lock bags to organise and separate everything so it's easy to find
- An aromatherapy face & body spray to provide hydration and relaxation
- A birthing playlist, speaker and headphones
- Eye mask (worth bringing even for a 30-minute nap)
- Lip balm

- TENS machine
- Water bottle with a long straw
- All your favourite snacks - you don't know how long you'll be there
- Slides, flip-flops or slippers
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Post-labour must-haves for mums

- A fresh, comfortable bra
- Postpartum pants
- A soft & breathable nightdress
- Extra comfy button-down pyjamas
- A dressing gown for an extra layer of comfort
- An extra-long phone charger cable

- Your own towel, hand towel or flannel
- Toiletries (hairbrush & ties are a must!)
- A pen and notepad
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Essentials for your baby

- Different-sized sleepsuits (preemie, newborn & 0-3m)
- A soft baby hat
- Kimono bodysuits - the wrap front makes them easy to dress
- A variety of muslins
- A cellular blanket

- Size 0 nappies
- Cotton wool pads for changing
- A going-home outfit
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Must-haves for your birthing partner

- Snacks and energy drinks
- Outfit changes - hospitals can be warm so shorts & a tee, plus layers
- An extra phone charger & USB socket

- A blanket in case they're staying overnight
- Toiletries
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