

## my hospital bag checklist

### my main bag

- Change of clothes x 2
- Nightclothes x 2
- Dressing gown x 2
- Big pants x 6 pairs
- Maternity/nursing bras x 2
- Socks x 3 pairs
- Slippers x 1
- Flip flops x 1
- Garment if using the water pool (crop top or tankini)
- Toiletries (toothpaste, toothbrush, hairbrush, makeup, shower gel, shampoo, flannels, hand sanitiser)
- Pack of maternity pads
- Breast pads and/or nipple balm
- Gadgets and chargers
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### my labour & birth bag

- Absorbent maternity pads or pants x 3
- Pants x 2 pairs
- Comfortable nightwear x 1
- My Expert Midwife Spritz for Bits and Spritz for Clean Hands
- Massage oil
- TENs machine
- Heat pack
- Flannel
- Lip balm, or use My Expert Midwife No Harm Nipple Balm
- Hairbands and ties
- Battery operated fan
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### my baby bag

- Baby grows x 4
- Baby vests x 4
- Baby hat and mitts x 1
- Baby blanket x 1
- Nappies x10
- Cotton wool or water wipes
- My Expert Midwife No Harm Bum Balm
- Muslin clothes x 5

### my partner's bag

- Gadgets and chargers
- Money – change/bank cards
- Jumper or sweatshirt
- Snacks, biscuits, cereal bars, chocolate, rice crackers etc
- Drinks – freezing will keep them cold for longer
- Sandwiches

