

HOSPITAL BAG CHECKLIST

labour bag

for baby

1 x pouch/ziploc bag >

1 x vest

1 x babygro

1 x hat

1 x cardigan

1 x scratch mitts

1 x size 1 nappy 🖤

for mum

Loose nightie/birthing gown

Light dressing gown Non-slip socks/slippers

Loose/disposable panties 🖢

Facial spray/cooling towel 🖤

Flip flops (for shower) >

Dark thin bath towel

Sucky sweets (for energy)♥

Birth plan & hospital notes

main hospital bag

essentials for baby

6/8 x vests

6/8 x babygros

 $1/2 \times hats$

1/2 x cardigans

Scratch mitts

Baby bibs/muslin cloths

Baby towel ▶

Cellular blanket(s)

Packet of size 1 nappies

Water Wipes/cotton wool ▶

Baby sponge/washcloth

<u>essentials for mum</u>

4 x nighties/PJs

8 x dark/disposable panties

Second dark thin towel

2 x packs maternity pads

Breast pads 🖤

Shampoo/conditioner 🐦

Body wash 🖤

Soft washcloth/sponge 🖤

Shower cap

Moisturiser/body lotion

Deodorant 🖤

Cleansing wipes

Toothbrush & toothpaste

Hair clips/ties

Hairbrush

Packet of tissues

Washbag 🖤

additional items to consider

Lip balm 🖤 Dry shampoo♥

Handcream •

Makeup/hairdryer

2 x maternity bras (if breast feeding)

Nipple cream (if breast feeding)

Bag for laundry

Notebook & pen♥

Book to read to baby

Folder for notes

Squirty water bottle Perineum relief spray

Mini night light

Baby log notepad 🔰

Coin purse with change

Eye mask >

Ear plugs

Snacks

Arnica/ tea tree oil etc

Reading material

Battery operated light 🐦

Partner change of top Mobile phone charger

Thank you card for midwife \(\nabla\) Water bottle with straw \(\nabla\)

Handheld fan 🖢

Going home clothes for mum | All-in-one warm baby suit | Car seat