

Hospital bag checklist

Mum

Essentials

- Birth plan and maternity notes
- Phone and charger
- Your own pillow
- A wash bag
- Reusable water bottle
- Maternity pads
- Going home clothes
- Underwear
- Flip flops
- Lip balm

Nice-to-haves

- Chill-out kit (books, music etc)
- A fan
- Slippers
- Skincare

Feeding

- Nursing bras
- Breast pads
- Front-opening nighties or PJ tops
- Bottle and formula (if you choose to bottle feed)

Baby

- Clothes - 4-6 bodysuits, 3 sleepsuits, going home outfit e.g pramsuit
- Nappies and wipes
- Hat
- Car seat
- Muslin squares
- Natural rubber dummy