

HOSPITAL BAG CHECKLIST

For Mum - Labour & Delivery

- Maternity notes/birth plan
- Lightweight dressing gown
- Slippers/flip flops
- Lip balm
- Massage oil/body lotion
- Water spray & sponge or fan
- Own pillow(s)
- Books/magazines
- Electronics & Chargers
- Spare clothes & underwear

For Mum - After Delivery

- Nightdress or oversized t-shirt & comfy trousers
- Maternity pads
- Nursing bra & breast pads
- Toiletries including toothbrush & toothpaste
- Glasses/contact lenses
- Phone & charger
- Snacks & drinks
- Comfy clothes to wear home

For Your Baby

- Babygrows
- Muslin cloths & bibs
- Blanket/swaddle
- Nappies & nappy bags
- Wet bag for dirty clothes
- Wipes
- Vests, shorts/ leggings, jumpers, dresses
- Going home outfit
- Hats
- Ready-made formula bottles (if bottle feeding)
- Any colostrum you may have harvested (in a cool bag with ice packs)
- Car seat/ carrier

For Your Birthing Partner

- Snacks & water
- Phone/ camera/ video camera
- Chargers
- Spare clothes & underwear
- Toiletries including toothbrush
- Small pillow
- Entertainment
- Cash (for vending machines/ on-site cafe)