

HOSPITAL CHECKLIST

For Mum - Labour & Delivery

- Maternity notes
- Lightweight dressing gown
- Socks
- Slippers & flip-flops/sandals
- Lip balm
- Massage oil/body lotion
- Water spray & sponge or fan
- Own pillow(s)
- Books/magazines/movies on tablet
- Eye mask & earplugs
- Spare clothes & underwear

For Mum - After Delivery

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

For Baby

- Babygrows
- Muslin cloths & bibs
- Socks, scratch mittens & booties
- 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)

Top Tips For Packing Your Bag

- Once you've got these essentials together, make sure to choose a bag that isn't too bulky, but allows easy access without having to rummage around trying to find a pot of nappy cream or a clean pair of knickers you'd rolled up in the bottom
- A great tip would be to group things in little zip-seal bags, or luggage organisers, keeping all your toiletries in a separate toiletry bag to things for baby, your clothes separate from baby's, as well as a spare bag for any dirties ready for the wash when you get home
- Remember to label each bag too, so your partner or midwife can help you with getting things
- You could also pack an extra bag of another day's worth of clothes for you, your partner and your baby and leave it in the car just in case you need to stay a little longer than expected. This will save your partner needing to drive home and back again, particularly if you don't live that close to where you're giving birth