



HOSPITAL BAG CHECKLIST

LABOUR ESSENTIALS

- ☐ Toiletries
- ☐ Mobile phone and charger
- ☐ Maternity medical notes
- ☐ Birth plan
- ☐ Nightie or t-shirt to give birth in and one for after the birth
- ☐ Socks to keep your feet warm during labour
- ☐ Birth aids - TENS machine, birth ball, massage oil)
- ☐ Drinks and snacks for energy (e.g. cereal bars and isotonic drinks)

USEFUL EXTRAS

- ☐ Lip balm - gas and air can make your lips dry
- ☐ Handheld fan or water spray to cool down
- ☐ Hair bands or clips to keep your hair out of your face
- ☐ Bottle of water with a sports lid to sip lying down
- ☐ Ear plugs/noise cancelling headphones and an eye mask - for bright and noisy wards
- ☐ Slippers or flip flops and a dressing gown

- ☐ Magazines, books or downloads on your phone or a tablet to pass any waiting time
- ☐ Your own pillow

FOR AFTER THE BIRTH

- ☐ Plenty of nappies
- ☐ Big, comfortable knickers or disposable pants
- ☐ Nursing bras, breast pads and nipple cream - if you plan to breastfeed
- ☐ Maternity sanitary pads
- ☐ Newborn baby clothes including sleep suits/bodysuits, hats, mittens and socks
- ☐ Blanket or shawl for baby
- ☐ Cotton wool or baby wipes
- ☐ Towels and flannels
- ☐ Toilet roll
- ☐ Change of clothes to go home in
- ☐ Car seat - you won't be able to leave the hospital in a car without one