

HOSPITAL BAG CHECKLIST

FOR MUM

- ☐ Comfortable clothing: 3 loose t-shirts or nightshirts/nighties (front opening for breastfeeding) plus dressing gown
- ☐ Sliders or flip-flops
- ☐ Socks
- ☐ Supportive bras/maternity bras and breast pads
- ☐ Big, comfortable knickers or disposable pants
- ☐ Maternity sanitary pads
- ☐ Washbag with toiletries, including: toothbrush, toothpaste, shower gel, shampoo, conditioner, contact lens solutions and container if needed (plus glasses), lip balm and nipple cream
- ☐ Maternity medical notes and birth plan
- ☐ Towels and flannels
- ☐ TENS machine and other birth aids
- ☐ Mobile phone, charger and portable charging bank

FOR BABY

- ☐ Car seat
- ☐ Clothing and accessories: sleepsuits, bodysuits and vests (5-6 of each per day), going home outfit, hats, mittens and socks
- ☐ Newborn nappies
- ☐ Cotton wool and baby wipes
- ☐ Muslin squares and bibs
- ☐ Shawl or blanket

USEFUL EXTRAS

- ☐ Hair clips or hair bands
- ☐ Water spray or fan
- ☐ Water bottle with a sports lid
- ☐ Drinks and snacks for energy - dried fruit
- ☐ Ear plus/noise-cancelling headphones and an eye mask
- ☐ Magazines, books or downloads on your phone, or a tablet
- ☐ Your own pillow
- ☐ Toilet roll
- ☐ Plastic bag for dirty washing, nappy bags for soiled nappies, wipes and pads
- ☐ Cash