



HOSPITAL BAG

Checklist...

The Big Bits

- Large overnight bag
- Car seat

For Mum

- Birthing plan & notes
- Comfortable clothing for labour
- Comfortable going home outfit
- 2 or more bras / nursing bras
- Reusable breast pads
- Nipple cream / lotions / massage oils
- Breastfeeding nightwear
- Comfy pyjamas
- Dressing gown & slippers
- Socks
- 5 or more cotton briefs
- Pack of disposable briefs
- Maternity pads
- Toothbrush & toothpaste
- Towel & flannel
- Toiletries / lip balm / hairbrush / hair ties
- Support / breastfeeding pillow
- Pillows from home
- Fan / water spray
- Lots of drinks & snacks
- Mobile phone & charger
- Books / magazines
- Any medication that you may need

For Baby

- 2 or more baby bodies / vests
- 2 or more babygrows / sleepsuits
- Going home outfit
- Hat
- Scratch mitts
- Socks / booties
- Plenty of reusable/disposable nappies
- A baby blanket
- Muslins
- Reusable Wipes
- A snuggle suit / pram suit for cold weather
- Wet & dry bag for dirty outfits/nappies

Birthing Partner

- Change of clothes & underwear
- Comfortable shoes
- Toothbrush & toothpaste
- Toiletries
- Watch / stopwatch
- Cash for car parks / vending machines
- Mobile phone / laptop / tablet & charger
- Camera & charger / batteries
- Books / magazines
- Drinks & snacks

