

Guide to packing your hospital bag



My Hospital Bag

For Mum

- Birth plan and maternity notes
- Socks, slippers or flip flops
- 8 pairs of maternity knickers
- Sanitary or maternity pads
- Bikini top for the birthing pool
- Loose fitting nightdress
- Lightweight dressing gown
- Nursing bras and breast pads
- Wash bag with flannel, shampoo, toothbrush, toothpaste, deodorant & soap
- Hair bands and lip balm
- Make-up and moisturiser
- Loose, comfy 'going home' clothes
- Dark-coloured or old towels
- Extra pillow (can double as a nursing pillow)
- Earplugs and eye mask
- TENS machine and batteries
- Money for car park
- Mobile phone and charger
- Sports water bottle or straws
- Drinks and healthy snacks

For Baby

- Baby vests and sleep suits
- Scratch mitts and socks
- Baby hat
- Baby blanket
- Mittens, booties and snowsuit
- Muslin squares
- Nappies
- Nappy bag
- Cotton wool
- A 'going home' outfit
- Rear-facing group 0+ car seat

For Partner

- Handheld fan
- Water spray
- Mobile phone and charger
- Ipad or other e-reader
- Ear plugs
- Extra pillow
- Water bottle
- Magazines

