

For Mom

Clothes:

- ☐ 4 light cotton nightdresses or pyjamas
- ☐ Old / Cheap comfortable underwear
- ☐ Maternity / Nursing Bras (if breastfeeding)
- ☐ Going-home outfit

Toiletries*:

- ☐ 2 packets of Maternity pads
- ☐ Nipple cream (if breastfeeding)
- ☐ Breast pads
- ☐ Shampoo / Conditioner
- ☐ Showergel / Soap
- ☐ Tea tree oil (put in bath for healing)
- ☐ Flip flops for the shower
- ☐ Towels
- ☐ Toothbrush and Toothpaste
- ☐ Deodorant
- ☐ Moisturiser (face, hand and body)
- ☐ Make-up
- ☐ Accessories
- ☐ Hair clips, Hair bands and Hair brush
- ☐ Travel hairdryer
- ☐ Ear plugs
- ☐ Arnica tablets for bruising
- ☐ Milpar or equivalent (to prevent constipation)
- ☐ Pillow
- ☐ Mobile phone and charger

*Use travel size items if possible

For Dad

- ☐ Mobile phone and charger
- ☐ Toothbrush and Toothpaste
- ☐ Camera
- ☐ Comfortable shoes
- ☐ Spare T-shirt
- ☐ Deodorant

For Baby

Clothes:

- ☐ 8 vests
- ☐ 8 babygros
- ☐ 1 or 2 cardigans
- ☐ Scratch mitts
- ☐ Hat

Toiletries:

- ☐ Disposable nappies
- ☐ Nappy bags
- ☐ Cotton wool
- ☐ Sudocrem
- ☐ 2 soft baby towels
- ☐ A baby sponge



Items for coming home:

- ☐ Warm blanket
- ☐ An approved car seat
- ☐ All in one warm baby suit

(depending on the time of year)

For Labour Ward

Outfit for mom:

- ☐ Loose nightdress for labour
- ☐ Slippers
- ☐ A pair of non-slip socks

Outfit for baby:

- ☐ Vest
- ☐ Babygro
- ☐ Cardigan
- ☐ Hat
- ☐ Nappy

Comforts:

- ☐ Lip balm
- ☐ Facial spray or facecloth
- ☐ Towel
- ☐ Magazines/ Books
- ☐ CD / MP3 player (battery operated)