

Hospital Bag Checklist

Here's a list of items to pack in your labour bag:

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Birth plan and maternity notes

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Birth ball

(useful aid during labour)

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Several nightdresses or t-shirts

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TENS machine

(optional for pain relief)

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Slippers, socks or flip flops

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Favourite music

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A lightweight dressing gown

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Brush, hair bands and clips

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Lip balm

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Tissues or wet wipes

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Water spray or sponge

(to keep you cool)

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Flannel

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Snacks and isotonic drinks

(keep energy levels up)

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Fan

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Maternity pads

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Your mobile

☐

Oil or lotion

(for massage if required)

After Birth Bag

Here's a list of items to pack in your after birth bag:



Loose and comfortable clothes



Toiletries

(toothbrush, toothpaste, wash items and deodorant)



Nursing bras

(2 or 3)



Baby clothes



Breast pads



Muslins and bibs



Maternity pads

(2 packs)



Nappies, baby toiletries and cotton wool



Disposable pants

(or ones you're willing to throw away)



Baby blanket or shawl



Open-fronted nightie

(Suitable for breastfeeding)



Baby car seat