

Hospital Bag Checklist

Deciding what you might need for hospital is confusing, we've compiled a list of what we think might be useful to bring in with you!

For You	
Item	Check
Maternity notes including your birth plan	
Comfy, loose outfit for labour, a nighty or big t-shirt is perfect!	
Chill out kit (books, magazines, music, podcasts) this will keep you occupied in the early stages of labour. We recommend you bring headphones so not to disturb those around you	
A fan or water spray to keep yourself cool	
A phone and charger	
Healthy snacks and drinks	
Lip balm	
Comfortable pillow	
Reusable straws	
TENS machine and batteries	
Any medication you might require	
Wash bag – toothbrush, toothpaste, hairbrush, soap, hair ties and any other toiletries you might require.	
Sanitary pads	
Large comfy knickers	
Towel	
Dressing gown and slippers/flip flops	
Comfy, maternity sized outfit to wear home.	
Nursing bras	
Nipple cream	
Breast pads	
Front opening nighties /pyjamas	

For Baby	
Item	Check
Body suits	
Vests	
Sleepsuits	
bibs	
Hats	
Scratch mittens	
Socks	
Nappies	
Nappy bags	
Cotton wool balls or pads	
Blankets	
Muslin squares	
Going home outfit	
A correctly fitting car seat (staff are unable to check if the seat is fitted correctly so please ensure this has been done beforehand)	