

HOSPITAL BAG

Checklist

FOR MUM

- ☐ Nightdress - open front for breast feeding
- ☐ Slippers or flip flops
- ☐ Socks - feet can get cold during labour
- ☐ Comfortable knickers - lots of them!
- ☐ Toiletries
- ☐ Maternity pads
- ☐ Breast pads
- ☐ Nipple cream
- ☐ Nursing bra
- ☐ Lip balm - your lips can get very dry
- ☐ Hairband
- ☐ Water spray or travel fan
- ☐ Comfortable clothes for going home

FOR BABY

- ☐ 3-4 sleepsuits
- ☐ 3-4 bodysuits/vests
- ☐ Pramsuit
- ☐ Socks, mittens, hat
- ☐ Going home outfit
- ☐ Nappies - enough for 10 changes a day
- ☐ Cotton wool balls/ water wipes
- ☐ Nappy cream
- ☐ Blanket
- ☐ Changing bag
- ☐ Bibs
- ☐ Muslins
- ☐ Ready made formula if not breast feeding

EXTRAS

- ☐ Hospital notes
- ☐ Birthing plan
- ☐ Camera
- ☐ Phone and charger
- ☐ Music/ book/ tablet
- ☐ Drinks & Snacks
- ☐ Change for parking
- ☐ Car seat