



Hospital Bag Checklist

For Mum

- Sleepwear
- Something comfortable to wear for the birth (not your favourite nightie!)
- Bathrobe, Socks and Slippers
- Maternity Notes folder
- Maternity underwear or your underwear you use
- Nursing Bra and Breast pads
- Change of clothes to wear home
- Toiletries, hairband and lip balm
- Maternity pads
- Water (small bottles of water are good **with a straw** for labour)
- Snacks (bite size food will help you keep your energy up)
- Relaxation materials required (music, photos, book, Magazine, your pillow or pillow case, any massage oils or lotions (check for allergies and hospital policy before you go in)
- Mobile phone, tablet, books etc. You may have to wait
- Eye mask and ear plugs

For Birth Partner

- Snacks and drinks
- Cash or change for vending machine
- Car parking – check if there is an app for the car park, it is much easier to top up rather than keep going to the car park.
- Mobile phone and charger, camera
- Toiletries and change of clothes in case you stay the night

For Baby

- New-born nappies, wipes and cotton wool
- Baby Blanket
- New-born Clothes and hat. Enough for a few changes
- Bottle and instant formula – In case you may need it even you want to breastfeed.
- Car Seat for going home





Baby Home Checklist

Things you will most likely want to have

- Cot (plus mattress, sheets and cellular blankets)
- Pram/buggy/travel system
- Six sleepsuits/ long sleeved suits
- Six vests/ short sleeved suits
- Two cardigans/ jackets
- Shawl or snow suit
- Hat, mittens and booties
- Changing mat
- Nappies
- Nursing bra and breast pads
- Bottles/teats/bottle brush (only needed if not breastfeeding)
- Loads of bibs
- Plenty of towels/ flannels/ muslin squares (for bathing and dribbles!)
- Loads of kitchen roll and cotton wool pads
- Hair brush
- Baby wipes, nappy cream
- Blankets for pram/car seat
- Nappy/change bag for going out, include change mat

Things that are handy

- Moses basket/ crib (plus mattress, sheets and blankets)
- Baby bath
- Baby box or bag
- Sling/carrier
- Bouncy chair
- Baby monitor
- Breast pump
- Steam steriliser
- Baby lotion
- Bath thermometer
- Nail scissors
- Nappy bin
- Nasal aspirator

