

HOSPITAL BAG

We recommend that you have your hospital bag packed by 36 weeks – just in case!

MUM – Labour

- Hospital Notes
- Birth plan
- Dressing gown
- Slippers/flip flops
- Warm socks (feet get very cold in Labour!)
- Night dress/ pjs/long comfy T shirts
- Big knickers/disposable pants
- Maternity pads
- Toiletries (inc flannel or face spritz, hairbrush & hair bands, massage oil, lip balm, mouthwash & mints)
- Snacks (glucose sweets, cereal bars, dried fruit & juices)
- Camera & Charger
- Mobile phone charger
- Ipod/relaxation music/DVDs

MUM – Postnatal

- Breastfeeding nightdress/pjs
- Feeding bras
- Breast pads
- Maternity towels
- Disposable pants
- Nipple Creams/homeopathic remedies
- Toiletries/make Up
- Pen & note book
- Going home clothes

BABY

- Vests (multipack)
- Baby gros/suits (multipack)
- Cardigan
- Scratch mitts (x2 pairs)
- Hat
- Swaddling sheet
- Muslin squares
- Going home outfit (all in one type for winter!)
- Car seat/pram
- Nappies
- Cotton wool
- Breastfeeding notes/book

Birth Partner

- Mobile phone & charger
- Newspaper/book/magazine
- Watch/pen & paper (or app for recording contractions!)
- Snacks & drinks
- Swim shorts
- T shirt & shorts (hospitals can get very hot!)
- Sweatshirt for night time
- Change of underwear
- Basic toiletries