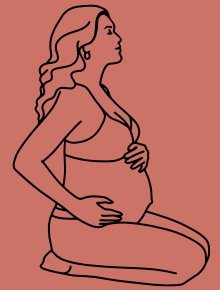




CAROL



Hospital Bag Checklist

What to pack for you and your birth partner

- Your pregnancy notes & birth plan if you have one
- TENS machine & extra batteries if using one
- Snacks and drinks - for yourself and your birth partner. Haribo, cereal bar, bananas, glucose tablets
- Toiletry bag - toothbrushes & toothpaste, hairbrush, moisturiser, shower gel, deodorant, shampoo, glasses, contact lenses if you wear them!
- Phones and chargers.
- Refillable water bottle.
- Slippers & Dressing Gown, Warm socks
- Labour clothes– Button up nightdress, oversized night shirt.
- After labour– Soft button up top pyjamas set, warm socks.
- Spare clothing for birth partner.
- Cotton knickers, 2 nursing bras, breast pads - it's likely your breasts will be leaking even if not breastfeeding.
- 2 Towels in case the hospital does not provide them.
- Hair ties, dry shampoo
- Going home outfit - loose and comfortable tracksuit/set.
- Cash and card for the car park - they may not take one or the other
- Full tank of fuel for the car

What to pack for baby

- 10 – 20 new-born nappies – disposable & nappy bags or cloth & wet bag.
- Natural wipes - 2 packs
- Blanket
- Baby clothing– 6x onesies with feet, 6x cotton vests
- Cotton Mitts and Hat
- Going home outfit - cute baby outfit of choice!
- Baby jacket, cardigan, booties.
- 3 muslin cloths
- Car seat!

Nice to haves!

- Camera
- Speakers and Birth Playlist
- Makeup
- Books & Magazines
- Nipple Balm
- Spritz for Bits!
- Pillow and Blanket from home
- Massage Oil for you during labour
- Notebook / Journal