



Maternity hospital bag - checklist



Essentials for labour...

<input type="checkbox"/>	Your birth plan and hospital maternity notes
<input type="checkbox"/>	An old nightdress or t-shirt to wear during labour
<input type="checkbox"/>	Dressing gown
<input type="checkbox"/>	Socks
<input type="checkbox"/>	Slippers
<input type="checkbox"/>	Lip balm
<input type="checkbox"/>	Snacks and drinks
<input type="checkbox"/>	A hairband (if you have long hair you may want to tie it up)
<input type="checkbox"/>	Things to pass the time: books, magazines, music etc.

Nice to haves...

<input type="checkbox"/>	Pen & pad
<input type="checkbox"/>	Pack of mints or chewing gum (may help with any nausea)
<input type="checkbox"/>	Straws – if mum gets tired during labour its easier to drink through a straw
<input type="checkbox"/>	Pillows
<input type="checkbox"/>	A TENS machine if you are planning to use one
<input type="checkbox"/>	Massage oils or lotions

For the birth partner...

<input type="checkbox"/>	Water spray to cool and refresh mum during labour
<input type="checkbox"/>	A change of clothes, toothbrush and deodorant
<input type="checkbox"/>	Watch – to time contractions
<input type="checkbox"/>	Digital camera or camcorder (and charger!)
<input type="checkbox"/>	Contact numbers list plus mobile phone, or change for phone
<input type="checkbox"/>	Snacks and drinks
<input type="checkbox"/>	Things to pass the time: books, magazines, music etc.

For after your baby is born...

<input type="checkbox"/>	Going home outfit
<input type="checkbox"/>	Breastfeeding bras (if you are intending to breastfeed)
<input type="checkbox"/>	Breast pads
<input type="checkbox"/>	Maternity pads/towels (at least 1 pack)
<input type="checkbox"/>	Nightdress or pyjamas
<input type="checkbox"/>	Toiletries (shampoo, conditioner, shower gel) – travel sized ones will take up less room in your bag
<input type="checkbox"/>	An old dark coloured bath towel for your first shower
<input type="checkbox"/>	Hairbrush
<input type="checkbox"/>	Toothbrush & toothpaste
<input type="checkbox"/>	Old or cheap knickers/disposable knickers
<input type="checkbox"/>	Ear plugs (in case you end up on a noisy ward)
<input type="checkbox"/>	Arnica tablets (may help with bruising)

For your baby...

<input type="checkbox"/>	Infant car seat – whether you are driving home or going by taxi
<input type="checkbox"/>	A special 'going home' outfit
<input type="checkbox"/>	Sleepsuits (at least 2)
<input type="checkbox"/>	Bodysuits (at least 2)
<input type="checkbox"/>	Newborn hat
<input type="checkbox"/>	Scratchmitts
<input type="checkbox"/>	Nappies (at least 8)
<input type="checkbox"/>	Nappy sacks
<input type="checkbox"/>	Wipes and cotton wool
<input type="checkbox"/>	Muslin squares (a must for all new mums)
<input type="checkbox"/>	Snowsuit (for winter babies)
<input type="checkbox"/>	Baby blanket

Additional items you may wish to add...

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	