

Hospital bag checklist

Everything to pack for you, your baby and your birth partner, including the bits people forget. Aim to have your bag ready about 3 weeks before your due date.

For your baby

- ☐ **2 or 3 sleepsuits**
newborn and 0 to 3 months sizes
- ☐ **2 or 3 vests**
- ☐ **Scratch mitts**
- ☐ **A hat**
- ☐ **4 muslin cloths**
- ☐ **Nappies**
check whether your hospital provides any
- ☐ **Unscented baby wipes or cotton wool**
- ☐ **A car seat**
fitted in the car before the day

For after the birth

- ☐ **Loose, comfortable nightwear**
front-opening if you're breastfeeding
- ☐ **Old knickers or disposable maternity knickers**
- ☐ **Maternity pads**
plenty of them
- ☐ **A nursing bra**
- ☐ **Travel-size toiletries**
- ☐ **Comfortable clothes to go home in**
you'll probably still need maternity sizes

For labour

- ☐ **Your maternity notes**
if you have paper notes
- ☐ **Your birth plan**
2 printed copies
- ☐ **Any medicines you take**
- ☐ **A TENS machine**
if you're using one
- ☐ **Snacks and drinks for you and your birth partner**
pack more than you think
- ☐ **Lip balm**
lips can get very dry in labour
- ☐ **Hair ties**
- ☐ **A pillow from home**
hospital pillows can be flat
- ☐ **Phone charger and a portable battery**
- ☐ **Headphones and a playlist or hypnobirthing tracks**

For your birth partner

- ☐ **Snacks and drinks**
- ☐ **A change of clothes**
- ☐ **Cash or a card for the car park**
- ☐ **Phone chargers**
- ☐ **Something to do in the quiet hours**
labour can take a long time