

Hospital bag checklist

What to pack for you	
	Your birth plan and hospital notes
	Loose, comfortable clothing to wear during labour
	Dressing gown
	Slippers or flip-flops (good for wearing in the shower)
	Nightwear (front-opening or loose-fitting if you're going to breastfeed)
	3 changes of comfortable clothes
	Socks
	5 or 6 pairs of knickers, disposable ones may be useful
	2 or 3 bras, including nursing bras if you are going to breastfeed
	Breast pads
	2 packets of super-absorbent sanitary or maternity pads

	Toiletries such as toothbrush, toothpaste, hairbrush, soap, lip balm, deodorant, flannel
	An eye mask may help you sleep on the brightly lit ward
	Towels
	Your own pillows
	Healthy snacks, drinks, and a water bottle
	A fan or water spray to help keep you cool
	Any medicines you're taking
	TENS machine if you're using one (with spare batteries)
	Books, magazines, podcasts, music playlists
	Phone and charger (an extra-long charging cable may be useful)
	Spare glasses or contact lenses if you wear them
	A spare bag for any washing

What to pack for your baby

	Bodysuits, vests and sleepsuits
	An outfit for going home in
	A hat, scratch mittens, socks or booties
	Snowsuit if the weather is cold
	Nappies
	Cotton wool or wipes
	Muslin squares
	Car seat for the trip home
	A blanket or shawl

A few suggestions for your birth partner

	A change of clothes
	Toothbrush, toothpaste and deodorant
	Phone and charger
	Camera or camcorder
	Snacks and drinks
	Swimwear if they'll be getting in a birth pool
	Any medicines they're taking
	Spare glasses or contact lenses if they wear them
	Spare change for the car park and vending machine