

Hospital Bag Checklists

HOSPITAL BAG FOR BIRTH

For Mum

- big loose t-shirt, or sarong for birthing in
- thongs or slip on shoes that can get wet
- hair tie, bobby pins, or hair band
- lip balm
- sports drink and/or high energy snacks
- music and music player
- Phones & chargers (and camera if you need)
- Birth Plan - several copies plus any other documentation you have been asked to bring
- Maternity pads, socks, shoes and warm, comfy feeding friendly outfit to wear afterwards.
- Laundry bag to take soiled clothes home in
- Paperwork required by hospital

Support Team

- board shorts or swimmers to help you while you're in the shower or bath
- a change of clothes for afterwards
- snacks and drinks
- Pain killers in case of headache!

Optional Extras

- Positive birthing affirmations
- a camera or video recorder
- phone charger
- hair brush
- aromatherapy oils or massage oil
- non-fragranced body wash for afterwards
- something sweet to give to the midwives who supported you (e.g. box of chocolates)
- a thank you card (or a couple) to fill in before you leave the hospital

Additional Items and Notes

HOSPITAL BAG FOR BABY

For Baby

- Many hospitals include nappies, onesies, and blankets so check first
- Newborn Nappies (8 to 10 per day), baby wipes, blankets
- 4 x warm onesies, singlets, socks
- Baby hats and mittens
- Baby Moisturiser
- Going home outfit
- REMEMBER to have your approved car seat fitted well before your due date!

Additional Items and Notes

HOSPITAL BAG FOR MUM

Clothing

- comfortable, dark coloured undies (yes there will be leakages and the maternity pads are rather large!).
- relaxed fit breastfeeding singlets/tops and sleepwear for easy baby feeding sessions to get you through at least a 4 day stay.
- nursing bras or nursing singlets
- Socks/slippers and dressing gown or jumpers
- comfortable shoes you can slip on easily

Other Items

- 2 packets of maternity pads (these are larger than regular pads. You may continue bleeding for up to 6 weeks after giving birth, however the bleeding should subside after the first few days)
- Nipple cream
- Breast pads / nursing pads (disposable is good for hospital, cloth is great once you're home)
- scent free toiletries - small shampoo and conditioners OR dry shampoo plus your normal toiletries (toothbrush, toothpaste, face wash, moisturiser etc)
- change for vending machines (just in case!)
- contact lenses or glasses if you need them

Optional Extras

- Your own pillow if you're particular about pillows :)
- Lactation Cookies or Breastfeeding Tea are handy to snack on
- Raspberry Leaf Tea to help your womb start to recover
- a good book to read or a laptop and charger if you're really keen to watch your fav shows!
- eye mask if you're sensitive to light
- a "New Baby" keepsake book to start recording details about your new baby (trust me this gets out of date very quickly once you get home - it's a great idea to get started while you're at hospital!)
- A list of potential baby names!

Additional Items and Notes