



HOSPITAL BAG CHECKLIST

FOR MUM

- Written birth preferences
- Pjs/ nightie
- Dressing gown
- Slippers
- Knickers (big/comfy)
- Maternity bras (If breastfeeding)
- Maternity Pads
- Breast pads
- Toiletries
(Shampoo, conditioner, body wash,
toothbrush/paste, flannel, hair bobbles, deodorant)
- Comfy loose Clothing for after baby
- Water bottle with straw
- Lip balm
- High energy snacks
- Pillow
- Nipple cream
- Distractions (book/ music speaker/headphones)
- Phone charger
- Any medication usually taken



HOSPITAL BAG CHECKLIST

FOR BABY

- Vests
- Baby Grows
- Nappies
- Cotton wool/ sensitive wipes
- Bottles (if not breastfeeding)
- Hats, Mittens, socks
- Dummies (optional)
- Muslins
- Going home outfit
- Blankets



HOSPITAL BAG CHECKLIST

FOR BIRTH PARTNER

SNACKS!

Change of clothes

Toiletries

Phone charger

Speaker for labour music