

# Hospital Bag CHECKLIST



## MUM

- Button-down Pyjamas x 4
- Lightweight Dressing Gown
- Slider Flip Flops
- Fluffy Socks
- Dark Colour Towel x 2 (*microfibre towels dry quickly & roll-up small*)
- Notebook & Pen
- Arnica Tablets (*heal from inside*)
- Eye Mask (*hospital lights*)
- Ear Plugs (*noisy wards*)
- Battery Night Light (*feeding baby*)
- Phone / Tablet Charger
- Tablet / Kindle
- Earphones (*wireless if possible*)
- Battery Pack (*fully charged*)
- Multi-socket Extension Lead
- Hands-free Phone / Tablet Holder

## BABY

- Short-sleeve Baby Vests x 6
- Zipped Sleepsuit x 6 (*ZippyBoo*)
- Baby Hat x 2 (*BonnyBoo*)
- Newborn Bibs x 6 (*LittleBoo*)
- Easy Swaddle x 4 (*BabyBoo*)
- Baby Blanket x 2 (*BlankieBoo*)
- Supersize Muslin x 2 (*BabyBoo*)
- Burp Towel x 4 (*BurpyBoo*)
- Cotton Cardigan x 2 (*BabyBoo*)
- Cotton Socks x 3
- Pampers Nappies: Size 1 (22-pack)
- WaterWipes / Cotton Wool Pads
- Sudocrem
- Baby Shampoo & Body Wash
- Soother (*you don't have to use it!*)
- Baby Hooded Towel

## VAGINAL DELIVERY

- Disposable / Black XL Undies x 10
- Maternity sanitary towels x 10
- Peri Bottle / Sports Water Bottle
- My Expert Midwife: Spritz for Bitz
- Multi-Gyn Perineum Compresses

## C-SECTION

- Heavy flow sanitary towels x 10
- Cantaloop C-Section briefs x 5
- High-waist Leggings
- Peppermint Tea (*post-op wind*)
- Litter Picker (*to reach for things*)

## BREASTFEEDING ACCESSORIES

- Breastfeeding Bra x 4
- Breastfeeding Breast Pads x 20
- Lansinoh Latch Assist
- Multi-Mam Compresses (12-pack)
- Nipple Silver Cups
- Feeding Pillow

# Hospital Bag PACKING GUIDE



## LABOUR WARD BAG

Choose a backpack bag in case you need to carry it...

- Nightdress for birth & one spare
- Ziploc Bag with Baby's 1st Outfit (Hat, Nappy, Vest & Sleepsuit in Newborn size & 0-3 month size)
- Slider Flip Flops
- Fluffy Socks
- Small Mouthwash / Chewing Gum
- Healthy Snacks
- Lucozade / Isotonic Drink
- Chilly Water Bottle & Straw
- Facial Mist Spray / Face Cloth
- Lip Balm
- Handheld Fan

## MATERNITY WARD BAG

Choose a wheeled duffle bag with soft top to fit under the bed...

- Baby's Clothes
- Mum's Clothes
- Folding Baby Changing Mat
- Mum's Toiletries (Face & Body Wash, Hair Care & Dryer, Dental Care)
- Pillow from home (if allowed)
- Pillowcase x 2 (spit-up on cot sheet)
- MiWadi Cordial Mini
- Healthy Snacks (plenty)
- Tea Bags & Coffee Sachets
- Thermal Heat Mug with Lid
- Prune Juice (to help first stool)
- Laundry Bags

## TOP-UP BAG (AT HOME)

- Pyjamas
- Maternity Sanitary Towels
- Dark Coloured Underwear
- Baby Vests & Sleepsuits
- Baby Nappies & Wipes

## COVID-19 EXTRAS

- Disposable Face Masks x 20
- Hand Sanitiser
- Antibacterial Surface Wipes
- Selfie Stick
- Rain Cover for Car Seat

## GOING HOME

- Baby Car Seat
- Baby Coat
- Going Home Oversize Clothes
- Going Home Wide Fit Shoes
- Blow-up Plastic Ring (sit on in car)
- Thank You Gift for Midwives