

HOSPITAL BAG CHECKLIST

MUM

- ☐ Medical Folder, I.D, Notebook & Pen
- ☐ Medication
- ☐ Button-down Pyjamas x 4
- ☐ Dressing Gown
- ☐ Slider / Flip Flops & Fluffy Socks
- ☐ Dark Colour Towel x 2
- ☐ Arnica Tablets (heal from inside)
- ☐ Eye Mask & Ear Plugs (noisy wards)
- ☐ Phone / Tablet, Earphones & Chargers
- ☐ Battery Pack (fully charged)
- ☐ Multi-socket Extension Lead

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)

BABY

- ☐ Short-sleeve Baby Vests x 6
- ☐ Zipped Sleepsuit x 6
- ☐ Baby Hat x 2
- ☐ Newborn Bibs x 6 (LittleBoo)
- ☐ Pre-wrapped Swaddle x 4
- ☐ Cellular Blanket x 2
- ☐ Crib size organic cotton sheet x2
- ☐ Supersize Muslin x 2
- ☐ Cotton Zipped Cardigan x 1
- ☐ Cotton Socks x 3
- ☐ Newborn Nappies: Size 1 (22-pack)
- ☐ WaterWipes / Cotton Wool Pads
- ☐ Sudocrem
- ☐ Soother (you don't have to use it!)
- ☐ Baby Hooded Towel

BREASTFEEDING ACCESSORIES

- ☐ Breastfeeding Bra x 4
- ☐ Breast Pads x 20
- ☐ Multi-Mam Compresses
- ☐ Lansinoh Latch Assist
- ☐ Nipple Silver Cups
- ☐ Feeding Pillow

Packing guide

LABOUR WARD BAG

Choose a small bag that is easy to carry

- ☐ Nightdress for birth & one spare
- ☐ Sliders / Flip Flops
- ☐ Fluffy socks
- ☐ Mouth wash / spray or mints
- ☐ Snacks
- ☐ Lucozade / Isotonic Drink
- ☐ Re-useable water bottle
- ☐ Face mist / face cloth
- ☐ Lip balm
- ☐ Handheld fan
- ☐ Dark towel (some hospitals allow a shower before returning to the ward)
- ☐ Baby's 1st Outfit (Hat, Nappy, Vest & Sleepsuit in Newborn size & 0-3 month size)

TOP-UP BAG (AT HOME)

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

MATERNITY WARD BAG

Choose an easy to open bag on wheels

- ☐ 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)
- ☐ MiWadi Cordial Mini
- ☐ Snacks (plenty)
- ☐ Tea Bags & Coffee Sachets
- ☐ Travel Mug with Lid
- ☐ Prune Juice (to help first stool)
- ☐ Laundry Bags (send home laundry with partner)

GOING HOME

- ☐ Baby Car Seat
- ☐ Baby Blanket (Cellular)
- ☐ Going Home Comfy Clothes
- ☐ Comfy Shoes
- ☐ Blow-up Plastic Ring (sit on in car)
- ☐ Thank You Card for Midwives

NOTES
