



HOSPITAL BAG CHECKLIST

- Breastpads / nursing bras / nipple cream or shields
- Feeding pillow (maybe leave in car till after birth)
- Black nightie and towels (or dark colours)
- Underwear - much larger than usual
- Maternity Pads - lots
- Phone and chargers (a long cable if you have)
- Comfy clothes, not tight waistbands - think loose
- Flip flops and slippers
- Earplugs / Eye mask
- Hair bands / hairbrush and dry shampoo
- Empty bag for laundry
- Snacks / mints
- Your own pillow
- Water bottle and straw - so can drink lying down
- Box sets downloaded onto phone / music and headphones
- Toiletries bag - Face wipes, shampoo, lip balm etc.
- Vests / Baby grows in a variety of sizes. Separate each outfit into clear bags and label so easy to find a size and outfit when needed
- Hats and Mittens
- Nappies (Also leave a bag in the car)
- Dummies (x4) / steriliser wipes
- Blankets and swaddles
- Pre sterilised bottles and pre made formula - Just in case
- Muslins
- Cotton wool or water wipes
- Teddy / white noise (maybe downloaded onto phone?)

NOTES AND
OWN IDEAS