



TO MOVE WITH STYLE
TO OBTAIN FASHION FOR LESS

Hospital Bag Checklist

The Hospital Bag checklist is here to help pack your [hospital bag](#). There's no need to take too much, your stay should be quite short and, if you do need extra, friends or family can get things for you.

For Labour

- Your birth plan
- Dressing gown
- Slippers
- Socks
- An old nightdress or T shirt to wear in labour
- Massage oils or lotions
- Lip balm
- Snacks and drinks or glucose tablets
- Watch with a second hand to time contractions
- Digital camera or camcorder (check with hospital first)
- Relaxation materials: books, magazines etc
- Pictures of someone or something you love (the inspiration you may need to see you through to the end)
- Toiletries
- Water spray to cool you down
- Music to listen to (some hospitals provide CD players)

For your birth partner

- Change of clothes
- Snacks

After the birth

- Going-home outfit
- Breastfeeding bras
- Breast pads
- Maternity pads
- Nightdress or pyjamas
- Toiletries
- Address book, plus lots of change or a prepaid phone card for all the calls you may want to make. You may find you cannot use your mobile phone in the hospital building
- Towels, hairbrush, toothbrush and toothpaste
- Old knickers/cheap knickers/disposable knickers
- Ear plugs (in case you end up on a noisy ward)

For your baby:

- Infant car seat
- One outfit for the trip home (all-in-one stretchy outfits are easiest)
- Baby blanket (a warm one if weather is cold)
- Nappies

- One pair of socks or booties
- Hat
- Jacket or snowsuit for winter
- Muslin squares