

What to pack in your hospital bag:

For Mum:

- Your green notes
- Your birth preference list
- Old nightdress/ t-shirt to wear in labour
- Nightdress / pyjamas for after baby is born
- Dressing Gown
- Slippers / flipflops
- Big knickers (old/cheap/disposable)
- Comfortable bra
- Maternity Pads (large pack)
- Toiletries – Shampoo, shower gel, deodorant, toothbrush, toothpaste, face wipes
- Towel
- Hairbrush & Hairbands
- Lip Balm
- Snacks & Drinks
- Water bottle
- Music to listen to in labour if you would like
- If being induced, bring something to read or watch e.g. magazines
- Going home outfit

For Birth Partner:

- Snacks & Drinks
- Toiletries – toothbrush, deodorant
- Comfortable clothes
- Change of clothes
- Phone/camera
- Money for parking

Add your own items:

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For Baby:

- Nappies (one pack)
- Cotton wool balls/pads
- Vests (about 5)
- Baby Grows (about 5)
- Scratch mittens
- Hat
- Blanket
- Muslin squares
- Going home outfit
- Car seat – to bring in after baby is born if you are going home in a car