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

**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

**Add your own items:**
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