



# GoodtoKnow HOSPITAL BAG checklist

## FOR YOU: BEFORE & DURING BIRTH

- ◇ Loose, front-fastening nightie or large T-shirt
- ◇ Pairs of pants or a pack of paper pants
- ◇ Dressing gown or soft blanket
- ◇ Cool-bag with water and favourite drinks
- ◇ Snacks (bananas, cereal bars etc)
- ◇ Water spray bottle
- ◇ Toiletries
  - ◇ Toothbrush
  - ◇ Toothpaste
  - ◇ Small mirror
  - ◇ Soap
  - ◇ Facial wipes
  - ◇ Flannel
  - ◇ Hairbrush and hair band
  - ◇ Lip salve or Vaseline
  - ◇ Deodorant
  - ◇ Anti-bacterial wipes or hand gel
  - ◇ Massage oil or cream
  - ◇ Sudocrem
  - ◇ Other toiletries you may want eg: moisturiser, body cream
- ◇ Music and headphones
- ◇ Phone and charger
- ◇ Something to read (Kindle, magazines, book)
- ◇ Camera or camcorder

## FOR BABY

- ◇ Nappies (newborn size)
- ◇ Cotton baby blanket
- ◇ Muslin squares
- ◇ Four or five changes of clothes
  - ◇ Babygros
  - ◇ All-in-one baby vests
  - ◇ Mitts
  - ◇ Hats
- ◇ Nappy bags and nappy cream
- ◇ Cotton wool
- ◇ Baby sponge
- ◇ Baby wipes
- ◇ Baby bottles
- ◇ Colic drops

## FOR YOU: AFTER BIRTH

- ◇ Loose, front-fastening nightie
- ◇ Maternity clothes for going home in
- ◇ Socks
- ◇ Slippers or comfy flat shoes
- ◇ Change for vending machines
- ◇ Comfortable pants
- ◇ Maternity pads or night-time sanitary towels
- ◇ Nursing bras (two or three)
- ◇ Breast pads
- ◇ Favourite snacks and drinks
- ◇ Towels (two)