

Hospital Bag Checklist



For Mum - for the delivery room

- Comfortable clothing.
- A jacket, jersey or cardigan and a pair of woolly socks as it is common for woman to feel cold during established labour.
- Hair ties to keep your hair off your face.
- Toiletry bag with toothbrush and toothpaste, shampoo, conditioner.
- Face cloth.
- Lip balm as you will find your lips get quite chapped.
- Massage oil (needs to be unscented as baby needs to be able to recognise mums smell).
- Snacks for you and your labour support, think high energy (nuts, muesli bars, bananas, dried fruit, dark choc, granola).
- Drinks for both you and your birthing partner (water, tea and coffee are usually supplied).
- iPod, iPad, books, e-books or magazines for early labour. You may find you have a long wait at the hospital especially if you are induced.
- A camera, make sure this is charged and you have a spare battery, also ensure you have your charger.
- Large size maternity pads (the hospital usually supply these but take your own as a precaution).
- Mobile phone.

For Mum - for the hospital

- Two or three nighties or pyjamas even if you intend to return home quickly as you may decide to stay in longer for various reasons.
- Slippers and socks.
- A bathrobe so you can wander around the ward. A lightweight one will be enough as the temperatures in the maternity ward will be warm to help your baby adjust to life outside the womb.
- Two or three nursing bras or singlets.
- Reusable or disposable breast pads.
- Put in plenty of pairs of underwear, black is the best colour to limit staining or alternatively there are disposable maternity briefs available.
- A couple of packets of maternity pads, if the hospital supply them use theirs first but you may need more than they supply.
- Pack Ural and have some in your labour bag to take before or after birth as it makes toileting much more comfortable in the early days after baby is born.
- Your usual overnight toiletries including toothbrush, toothpaste, shampoo & conditioner, body wash, deodorant, hairbrush, hair bands, make up and nipple cream.
- Pack face cream, hand cream and moisturisers as you will find the atmosphere will be warm and dry in the maternity ward
- Think about packing a hair dryer for drying stitches etc.
- If you wear glasses or contacts take them along as you will have forms to fill out and hopefully time to relax and read.
- Although the hospital will provide flannels and towels, pack your own if you want soft fluffy ones.
- Comfortable casual clothes, bear in mind that you will be sore so loose fitting clothes are suggested.
- A couple of rolls of soft toilet paper or reusable wipes are a good idea as you will be tender.
- A laundry bag or plastic bags for your dirty clothes, you can ask a visitor to take them away and wash them for you.
- Any medications you are currently taking and any multi-vitamins you've been taking as you will use a lot of energy birthing and recovering.
- Extra snacks, although there is food available on the wards you will find you have a significantly increased appetite!



Don't forget the phone charger!

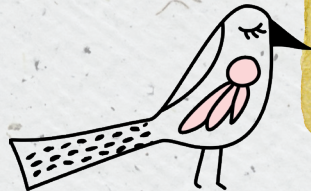
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For Dad / Birthing Partner

- Shorts or togs and a change of clothes. They can then join you in the birthing pool or assist you with showering after baby's born.
- A change of clothes – that way they can freshen up and change if needed as they may need to be there for a while.
- Toothpaste and toothbrush.
- A copy of your birth plan.
- Mobile phone and charger.
- Your contact list for them to send a text informing of baby's arrival, alternatively set up the group text in his phone.
- Dependant on your hospital facilities, change may be required for vending machine, phones and parking.
- Camera, video camera and charger.
- Books, newspapers etc for reading during a long labour.
- Snacks, you may not be hungry throughout but it's handy to have!

• great tip! •

For the older brother or sister, it's a good idea to have a gift ready from the new baby which helps the transition of a new arrival into your family.



For Baby

- Ensure you have an infant car seat that you have tested in your car to take baby home in.
- Baby clothes and a blanket to take your baby home in.
- Socks and hats as baby will feel cold while adjusting to life outside the womb.
- Three to four singlets, the hospital normally provide these, but pack them just in case.
- Two body suits.
- Disposable or reusable Newborn nappies.
- Natural baby wipes/reusable.
- Baby massage oil for putting on baby's bottom will make the first few meconium nappy changes easier.

My extras

