

HOSPITAL BAG PACKING LIST

Toiletries

Shower gel
Shampoo 2n1
Toothbrush(s)
Toothpaste
Flannel
Hairbrush
Hair ties
Hair clip
Towel
Deodorant
Make up
Lip Balm
Maternity pads x20 pack
Breast pads
Face wipes
Hand sanitizer

Clothes

Bikini top
Fluffy socks
Dressing gown
Nighties x2
Pyjamas
Nursing bra
Disposable or cheap pants
Flip flops
Going home outfit
Nursing top
Dirty clothes bag

Important

Hospital notes
Birth plan
Change for parking
Camera and charger
Phone and charger

Baby clothes

Newborn-1m vests x4
Newborn-1m sleepsuits x4
Hats x2
Mittens x2
Socks
Going home outfit
Cardigan

Other baby bits

Nappies
Nappy bags
Sudacream
Blanket
Cotton wool or wipes
Muslins
Changing mat

Misc

Partner's clothes
Water spray bottle
Tens machine
Massage oil
Arnica tablets
Paracetamol
Music

Snacks

Energy drinks x2
Water bottle x2
Sweets
Sugar tablets
Straws
Energy bars x4