

Hospital Bag Checklist



As the finish line approaches, it's time to start packing your hospital bag. Having it ready a few weeks before your due date means you'll be prepared if baby makes an early appearance.



For you

- ☐ Large weekend bag
- ☐ Pyjamas & nightdresses
- ☐ Dressing gown, slippers & socks
- ☐ Comfy outfit for car journey home
- ☐ Pillow
- ☐ Portable fan
- ☐ Portable charger
- ☐ Scrunchies or hair ties
- ☐ Hairbrush
- ☐ Water bottle with straw
- ☐ Snacks
- ☐ Entertainment: Books, magazines, music & films
- ☐ Maternity pads & disposable pants
- ☐ Breast pads, nipple shields & nipple balm
- ☐ Toiletries
- ☐ Toothpaste, toothbrush
- ☐ Fresh towel
- ☐ Flip flops
- ☐ Birth plan (printed copy if using one)

For your baby

- ☐ 3-5 sleepsuits (depending on length of stay)
- ☐ A going-home outfit
- ☐ 2-3 newborn hats
- ☐ 2 pairs of socks
- ☐ 2 pairs of scratch mittens
- ☐ A multipack of 5 small muslins & 1 large muslin
- ☐ Cardigan
- ☐ Blanket
- ☐ 1 full pack of newborn nappies (plus extras left in the car)
- ☐ 1 full pack of baby wipes
- ☐ Pramsuit (for colder seasons)
- ☐ Bottles & formula if not breastfeeding.
- ☐ Car seat

Top Tip!

Have your birthing partner pack your bag. It will be them getting the bits out as and when you need them, so if they pack it they'll know where everything is.