# Hospital Bag Checklist

## ESSENTIALS

As the finish line approaches, you'll need to start preparing your hospital bag. It's a good idea to have it ready to go by the front door a good few weeks before your due date, just in case of an early arrival!

## FOR YOU

- ☐ A great Weekend Bag
- ☐ Comfy Pyjamas
- ☐ Slippers or Cosy Socks
- ☐ Dressing Gown or Snuggly Cardigan
- ☐ Nursing Top & Comfy Leggings
- ☐ Disposable Knickers
- ☐ Nursing Bras
- ☐ Reusable Breast Pads
- ☐ Phone Charger
- ☐ Water Bottle
- ☐ Towel
- ☐ Hairbrush
- ☐ Hair band
- ☐ Toiletries (We love the My Expert Midwife Range!)
- ☐ Toothbrush & Toothpaste
- ☐ Feeding Pillow
- ☐ Snacks
- ☐ Entertainment (iPad, Books etc)
- ☐ Birth Plan (If you are using one)

## FOR YOUR BABY

- ☐ Your favourite Sleepsuit for first photos or going home outfit
- ☐ Matching Hat & Jacket
- ☐ Comforter or Soft Toy
- ☐ Baby Blanket
- ☐ Multipack of Muslins
- ☐ Socks
- ☐ Nappies
- ☐ Baby Hairbrush
- ☐ Scratch Mittens
- ☐ Wet Wipes
- ☐ Car Seat
- ☐ Extra Sleepsuits (In case of accidents or you have to stay in the hospital longer)

### Top Tip!

Have your birthing partner pack your bag. 9 times out of 10 it will be them getting the bits out for you so if they pack it they know where everything is.

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