



Hospital Bag Checklist



LABOUR

- | | |
|--|---|
| <input type="checkbox"/> Loose fitting Nightgown | <input type="checkbox"/> Loose change for vending machines and hospital parking |
| <input type="checkbox"/> Bikini if you are planning a water birth | <input type="checkbox"/> Suitable drinks and snacks |
| <input type="checkbox"/> Slippers or comfortable footwear | <input type="checkbox"/> Digital Camera or camera phone |
| <input type="checkbox"/> Warm jumper, fleece or dressing gown | <input type="checkbox"/> Hairband |
| <input type="checkbox"/> Mp3 player loaded with soothing music | <input type="checkbox"/> Glasses if you wear them |
| <input type="checkbox"/> Pregnancy notes in clear plastic folder | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> TENS machine if you are planning to use one | |



BABY

- | | |
|---|--|
| <input type="checkbox"/> Nappies (10) | <input type="checkbox"/> Going Home Outfit for Mum |
| <input type="checkbox"/> Cotton Wool pads or Baby Wipes | <input type="checkbox"/> Baby Sleepsuits (5) |
| <input type="checkbox"/> Maternity pads (10) | <input type="checkbox"/> Swaddling blankets (2) |
| <input type="checkbox"/> Nightie or Pyjamas | <input type="checkbox"/> Baby Vests (5) |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Baby Outerwear |
| <input type="checkbox"/> Phone Charger | <input type="checkbox"/> Baby Hat |
| <input type="checkbox"/> Cellulose Blanket | |

