

## Packing your hospital bag

Here is a list of things to consider when packing your hospital bag. Even if you are planning a homebirth, it is useful to pack a bag in case your plans change before or during labour.

### For you

- ☐ Maternity notes and birth plan
- ☐ Any medications that you take regularly
- ☐ Comfy clothes to wear in labour
- ☐ Slippers and/or flip-flops
- ☐ Dressing gown and pyjamas/ nightdress (x2) that opens at the front (for ease of feeding)
- ☐ Comfy clothes to wear home
- ☐ Crop top/bikini top if using water/ birthing pool
- ☐ Comfortable bra/feeding bra
- ☐ Knickers for after the birth – large size, cotton and comfortable and/ or disposable knickers
- ☐ Towel (x2 if using birthing pool)
- ☐ Toiletries, including toothbrush and toothpaste, hairbrush, hair ties and lip balm
- ☐ x2 packs of maternity sanitary pads (thick and ultra-absorbent)
- ☐ Breast pads
- ☐ Massage oils for use in labour
- ☐ Glasses/contact lenses
- ☐ Portable speakers/earphones to play music
- ☐ Drinks, snacks and drinking straws

- ☐ Water spray/fan
- ☐ Extra pillow(s)
- ☐ TENS machine (if you plan to use one)
- ☐ Books/magazines
- ☐ Phone and charger

### For your birth partner

- ☐ Coins for car park/car park payment details
- ☐ Drinks and snacks
- ☐ Phone and charger
- ☐ Camera
- ☐ Books magazine
- ☐ Comfy clothes/shoes/shorts
- ☐ Overnight stay clothes/toiletries etc if planning/able to stay

### For your baby

- ☐ x1 pack of nappies
- ☐ Clothes; sleep suits and vests (x3-4 of each)
- ☐ Several cotton hats and a woolly hat
- ☐ Clothes for going home
- ☐ Socks/mittens (x2 pairs)
- ☐ Cotton wool/water wipes
- ☐ Muslin square/bibs
- ☐ Car seat to take baby home
- ☐ Baby blanket/shawl

If you are planning to formula feed your baby; check with your midwife what you need to take to the hospital.