



Hospital Bag Checklist

Everything You Need to Pack for Hospital



For Mum		For Baby	
Maternity Notes		3 Sleepsuits	
Birth plan		3 Vests	
2 Nightdresses		Pack of Newborn Nappies	
Socks		Nappy sacks	
Dressing Gown		Cotton wool	
Slippers		Nappy cream	
Books / Magazines etc		Baby bath / shampoo	
Camera		muslin cloths	
Snacks & Drinks		Scratch mitts	
Prescription Drugs		Coat / Shawl / Sunhat as appropriate	
Lip Balm			
Maternity / Sanitary Towels		Anything Else you Need	
Cheap or disposable pants			
Nursing Bra			
Nipple Cream			
Breast Pads			
Clothes to go home in			
Towels			
Toilet bag with toothbrush, soap etc			
Feeding Equipment			
Paper tissues			
TENS Machine			

