bounty®

Hospital Bag Checklist

This is a list of things you need, or may like to have, in your hospital bag. Make sure you have all the things you need packed and ready a few weeks before your due date, so if baby comes a little early you won't be caught out.

For You

Essential

- [ ] **Your notes and birth plan with your hospital and midwife's number handy**
- [ ] Nightdress or comfy clothes to give birth in plus a bathrobe
- [ ] Comfy bras - 2 or 3 that you can use for feeding too
- [ ] Clothes to go home in - remember your bump will not have gone down much, so don't pack pre-pregnancy clothes and choose something soft and comfy.
- [ ] 8 -12 Each of
  Disposable Breast Pads
  Maternity or night time sanitary Pads
  Old knickers or paper, disposable ones
- [ ] A flannel and a towel or two
- [ ] Toiletries including shampoo, conditioner, soap or body wash, moisturizer, toothpaste, a toothbrush, lip balm, hair ties or clips
- [ ] Brush and comb plus a little essential make-up for those "new mum" photos
- [ ] Your camera and charger or spare battery
- [ ] Phone and charger plus address book - or create a group in your phone's contacts list of people to inform after the birth, plus phone numbers for taxis if you need them.

Nice to have

- [ ] Water spritzer
- [ ] Some snacks and drinks such as energy bars, rice cakes, biscuits, fruit and small cartons of juice and bottles of water - put some in the freezer so they will stay cold for several hours.
- [ ] Something to play music on such as a CD player to MP3 player with speaker, with some relaxing music
- [ ] Massage oil, room scenting spray etc.
- [ ] Book or magazines
- [ ] A pillow
- [ ] Comfy shoes or slippers for walking around whilst in labour

Our advice:

You might find it easiest to pack two bags; one with essentials for you and baby assuming you are in hospital for a short stay, perhaps just overnight. Then pack a larger bag with extras you might need if you have to stay in hospital for longer – for example, if you have a Caesarean. Label the bags clearly so your partner can collect the larger one if you need it.

Stock up on essentials for after the birth at home, such as nappies, wipes, maternity towels, breast pads etc.

For Your Baby

- [ ] 4 -5 Body Suits in 0-3 months size
- [ ] 4 -5 Vests in 0-3 months size
- [ ] Scratch mits
- [ ] Nappies
- [ ] Cotton wool or wipes
- [ ] Nappy sacks
- [ ] A shawl or blanket to wrap baby in
- [ ] Infant car seat
- [ ] Soft cotton hat for the journey home

List your own items