

Hospital bag checklist

If you're planning to have your baby in hospital, it's a good idea to pack your bag well in advance. Here's what you might need during labour and birth, and after your baby is born:

Labour

- Money for car park
- Birth plan and hospital notes
- Baggy T-shirt to wear in labour
- Warm socks and sweatshirt (*you may feel chilly in strong labour*)
- Face fan
- Toothbrush and toothpaste
- Face cloth
- Lipsalve
- Unscented massage oil (*baby needs mum to smell like mum*)
- High-energy snacks for you and your birth partner
- Fruit drinks for both of you
- Magazines, jigsaws, games (*for the early stage*)
- Camera to capture that first precious picture
- CD/MP3 player
- TENS machine

Afterwards

- Front-opening nighties, pyjamas and light dressing gown (*postnatal wards are hot*)
- Wash bag with make-up, deodorant, toiletries
- Towels
- Disposable knickers
- Large-size maternity pads
- Nursing bras and breast pads
- Nappies and clothes for your baby
- Muslin squares
- Card/coins for phone
- Books/magazines
- Important phone numbers
- Going home outfit
- Your favourite treat
-you deserve it!

BOUNTY[®]
The UK's Favourite Parenting Club

