



Hospital Bag

Checklist



Labour Ward Bag

- Comfortable nightdress/t-shirt for labour
- Flip flops (for shower)
- Toiletries & Shower Cap
- Towel & Face Cloth
- Comfort Measures (see list)
- Spare Underwear
- Snacks and Drinks (e.g Labourade)
- 2 nappies, babygro & vest in ziplock bag

Comfort Measures

- Gym Ball (leave in car)
- Tens Machine & Batteries
- Comb for Acupressure
- Ear pods for Music
- Ear plugs (to dim noise)
- Eye Mask (to dim light)
- Aromatherapy Oils
- Your own pillow

Postnatal Ward

- Nightware
- Soft Bra
- Breast Pads
- Maternity Pads – at least 2 pack. Green ones from pharmacy.
- Comfortable Big Underpants – 10 pairs
- Towels – 2
- Phone Charger with long cable.
- Clothes for going home.

Baby

- Pack of disposable nappies
- Cotton wool pads
- 6 Babygros
- 6 Vests
- 1 Newborn Hat
- A baby towel
- Car Seat & Blanket for Going Home

