

Mummy's Hospital Bag

Essentials

- Your Documents & Paperwork
- Cash
- Mobile phone and charger
- Contraction timer app
- Maternity pads
- Paper/Disposable pants
- Pants
- Nightie for labour
- Socks for labour
- Towel - bath towel and hand towel
- Slippers or Flip-Flops
- Comfortable clothes for coming home (including more socks)

If you're planning to breastfeed...

- Nursing Bras
- Breast pads
- Nipple Cream
- Feeding nightie / Nursing

Toiletries

- Hair bobble
- Lip Balm
- Face Wash / Body Wash
- Hairbrush
- Toothbrush and toothpaste
- Makeup
- Moisturizer
- Shampoo / conditioner 2in1

Snacks and Drinks - Energy

- Dextrose tablets
- Energy drinks (Sports cap)
- Bottled water (Sports cap)
- Snacks for during or after labour
- Snacks for your husband (or partner)

You might want to consider

- Baby Book

- TENS machine
- Cool water spritz
- Earphones
- A Relaxing playlist!
- Magazines / books / kindle - Entertainment!
- Dressing gown or robe
- Bathing Suit - Bikini
- Coming home gifts from baby to their brother or sister(s)
- Plastic Bag for dirty washing

Baby's Hospital Bag

Essentials

- Nappies
- Cotton wool
- Small bowl for water
- Nappy bags
- Muslins
- Sleep suits that open out (not over the head) x 3
- Vests (if winter)
- Baby Blanket(s)
- Homecoming Outfit (All-in-one and a Cardigan)
- Scratch mitts
- Car seat!

Also Consider

- A car seat base fitted in the car
- Baby Socks and Hat
- Nappy cream
- Your chosen formula (if you aren't or can't breastfeed)

Daddy's (or Partner's) Hospital Bag

Essentials

- Mobile phone
- Contraction timer app
- Cash
- Snacks
- A list of things you need to do
- Patience, understanding and sensitivity!

Also consider

- Bathing Suit

A few jobs for Daddy (or your partner) to do on the day:

- Get daily newspapers and magazines as keepsakes
- Stick something on ice - Champagne
- Buy flowers!