

Hospital Bag Checklist

For Labour

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| <input type="checkbox"/> | MATERNITY NOTES & BIRTH PLAN |
| <input type="checkbox"/> | TENS machine |
| <input type="checkbox"/> | Old nightshirt or t-shirt |
| <input type="checkbox"/> | Old towel |
| <input type="checkbox"/> | 1 x Pyjamas or nightshirt, with front opening if breastfeeding |
| <input type="checkbox"/> | Socks |
| <input type="checkbox"/> | 2 x Maternity pads |
| <input type="checkbox"/> | 2 x Disposable briefs |
| <input type="checkbox"/> | 2 x Breast pads |
| <input type="checkbox"/> | Lansinoh lanolin cream if breastfeeding |
| <input type="checkbox"/> | Hair band |
| <input type="checkbox"/> | Hair brush |
| <input type="checkbox"/> | Facial Spray |
| <input type="checkbox"/> | Lip balm |
| <input type="checkbox"/> | Toiletries for a shower or bath after birth |
| <input type="checkbox"/> | High energy snacks |
| <input type="checkbox"/> | 1 x Baby sleepsuit or nightgown |
| <input type="checkbox"/> | 1 x Baby bodysuit |
| <input type="checkbox"/> | Baby hat |
| <input type="checkbox"/> | 2 x Nappies |
| <input type="checkbox"/> | Camera |
| <input type="checkbox"/> | Phone card & list of people to call |

Post Birth

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| <input type="checkbox"/> | 1 x Pyjamas or nightshirt, with front opening if breastfeeding |
| <input type="checkbox"/> | Light dressing gown |
| <input type="checkbox"/> | Slippers |
| <input type="checkbox"/> | 2 x Loose comfortable tops |
| <input type="checkbox"/> | 2 x Loose trousers |
| <input type="checkbox"/> | Going home clothes |
| <input type="checkbox"/> | Maternity pads |
| <input type="checkbox"/> | Disposable briefs |
| <input type="checkbox"/> | Breast pads |
| <input type="checkbox"/> | Toothbrush and toothpaste |
| <input type="checkbox"/> | Toiletries (shampoo, conditioner, shower gel, deodorant, cleanser, toner and moisturiser) |
| <input type="checkbox"/> | Cotton wool pads |
| <input type="checkbox"/> | Make-up |
| <input type="checkbox"/> | Mirror |
| <input type="checkbox"/> | Tissues |

For Baby

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|--------------------------|--|
| <input type="checkbox"/> | 2 x Bodysuits |
| <input type="checkbox"/> | 2 x Sleepsuits |
| <input type="checkbox"/> | Light cardigan |
| <input type="checkbox"/> | 1 x Scratch mittens |
| <input type="checkbox"/> | Cotton wool balls/unperfumed baby wipes |
| <input type="checkbox"/> | Nappies |
| <input type="checkbox"/> | Nappy sacks |
| <input type="checkbox"/> | Nappy rash cream |
| <input type="checkbox"/> | Baby wash/shampoo |
| <input type="checkbox"/> | Blanket |
| <input type="checkbox"/> | Muslin squares |
| <input type="checkbox"/> | Going home outfit, including sun hat or snowsuit depending on time of year |
| <input type="checkbox"/> | Car seat |