



The Ultimate Hospital Bag Check List

For Mum

To Make You Feel Like You Again

- Ear Plugs
- Dry Shampoo
- Sponge or Wash Cloth
- Baby Wipes (For You)
- Toothbrush & Toothpaste
- Flip Flops
- Hairbrush & Hairbands/Hair Ties
- Fragrance Free Shower Gel & Shampoo
- 2 x Your Own Pillow
- Magazines/Books
- Witch Hazel
- Pad & Pen
- Slippers
- Make Up (If you're up to it!)

Clothing For You

- Disposable Knickers
- Big Comfy Undies
- 5 Loose Button Down Jammies
- Even Looser Nightdress For Labour
- Comfy Outfit To Leave Hospital In

For The Main Event & After

- Mini Hand Fan
- Face Mist Spray
- Flannel
- Lip Balm
- Bottled Water
- Warm Socks
- Lansinoh Nipple Cream
- 3 Packs of Maternity Pads
- Breast Pads
- Dark Towel
- Spritzer Bottle - For The Loo

For Baby

- Dummy
- Muslin Cloths
- 6 x Vests
- 6 x Babygro
- 2 x Hat
- 1 x Pack of Nappies
- Cotton Wool Strips
- Car Seat For Car
- Warm Blanket
- Vaseline
- 1 x Cardigan
- Scratch Mitts
- Water Wipes

For Your Birthing Partner

- Change for the Vending Machine
- Change for the Parking
- Change of Clothes
- Deodorant
- Camera!
- Phone Chargers

Extras!

- Fruit Pastilles & Jelly Babies
- Lucozade Sport
- More Snacks