

Hospital Bag Checklist:

For Mamma:

- Birth plan + Maternity notes
- Old nightie/top for labour/birth
- Waterbirth outfit
- Towel
- Water Spray & Fan
- Dressing gown and pyjamas
- Flip flops
- Make up bag
- Toiletries bag
- Nursing cover/scarf
- My Expert Midwife - Nipple balm + Sprints for your bits
- Breast pads
- Nursing bras/sleep bras & nursing camisole vests
- Pads/Mom nappies
- Knickers/disposable knickers
- Going home outfit
- Hair dryer + Straightener
- Phone/camera
- Charger/power bank

For Baby:

- Car seat
- Nappies size 0/1 (1 Pack)
- Baby wipes (1 Pack)
- Nappy balm
- Nappy sacks
- Sleep suits (x 5)
- Baby vests (x 5)
- Baby going home outfit + Pram suit
- Hat/Socks/Mitts/Booties
- Bibs & Muslin cloths for burping
- Blankets/Swaddles/Sleeping bag
- All in one wash/Baby lotion

For Birth Partner:

- Pjs
- Spare outfit
- Toiletries
- Snacks + Drinks
- Cash/Spare change (For parking)
- Phone/camera
- Charger/Power bank
- Entertainment (Book, magazine, kindle, tablet etc)