

## Hospital bag Checklist

### Essentials for baby:

- 6 vests, front poppers
- 6 onesies, front opening
- hats and scratch mittens
- 50 newborn nappies
- nappy sacks
- cotton wool
- 10 large & 10 small muslins
- going home outfit & jacket
- soft blanket
- car seat

### Essentials for Dad:

- entertainment
- snacks & drinks
- change of clothes
- swimwear for water births

### Essentials for Mum:

- Comfy outfit for labour
- birth plan & medical notes
- on-going medication
- toiletry and make up bag
- magazines and books
- phone with music & videos
- snacks & after birth treats
- after birth outfits
- high-waisted panties
- lots of spare change
- heavy duty sanitary pads
- dressing gown & slippers
- breastfeeding pillow
- nursing bras & nipple cream

### Extras for labour:

- birthing ball
- TENS machine
- water bottle and spray