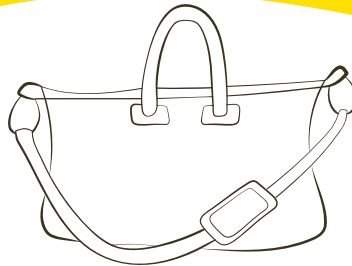


HOSPITAL BAG

EVERYTHING YOU NEED TO PACK FOR LABOUR

MADE FOR

MUMS



What to pack in the hospital bag for mum (for during labour)

- Birth plan
- Medical notes
- Dressing gown
- Relaxation tools such as TENS machine if needed
- Comfortable, loose maternity clothing for labour
- Slippers, socks and flip flops for the shower
- Toiletries including lip balm, body lotion, hair bands
- Antiseptic cleaning wipes, for the shared toilets if you're worried about quality of hospital cleanliness
- Comfortable pillow

What to pack in the hospital bag for your baby

- Bodysuits, vests and hat
- Socks and booties
- Nappies and nappy sacks
- Muslin squares
- Wipes and cotton wool balls
- Fold-up changing mat or towel
- Scratch mittens
- Homecoming outfit
- Blanket for the trip home
- Car seat, ready for the trip home from the hospital

What to pack in the hospital bag for mum (for after delivery)

- 5-6 pairs of underwear (old or disposable ones)
- 1 pack maternity pads
- Nightdress
- Comfy/nursing bra and breast pads
- Cosmetics and skincare
- Snacks and drinks
- Towels
- Going home outfit
- Plastic bag for dirty clothing
- Glasses and contact lenses if you wear them
- Eye mask and ear plugs

What to pack in the hospital bag for your birth partner

- Snacks and drinks
- Change of clothes
- Blanket and small pillow
- Mobile phone and camera with chargers and batteries or portable power bank for your phone
- Toiletries
- Entertainment such as magazines or a book
- Glasses and contact lenses if you wear them
- Swimwear if they'll be getting into a birthing pool