

HOSPITAL BAG CHECKLIST MOTHER

by
motherernity

For informational purposes only.

- Birth plan and maternity notes.
- Phone and charger.
- Healthy snacks and isotonic drinks.
- Cosy socks as it might get cold in the hospital.
- Cosy slippers + flip-flops (as you might want to use them in the shower).
- Your wash bag with toothpaste, toothbrush, shampoo, soap, comb, make-up, deodorant, hair ties.
- A dressing gown.
- 2 nightgowns, ideally front-opening, loose with buttons.
- A change of clothes to go home in.
- A pack of maternity pads for post-birth bleeding.
- A pack of disposable underwear.
- A towel, preferably a microfiber long one for easier storage.
- At least 1 maternity bra.
- Lip balm.
- Your Spritz for Bits.

LABOUR & BIRTH SERIES

HOSPITAL BAG CHECKLIST BABY

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mother *ernity*

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- A few bodysuits or vests.
- The outfit to take your baby home in.
- Scratch mittens + socks if your bodysuits/sleepsuits do not have.
- Newborn friendly wipes (water wipes) or pure cotton wool balls.
- A swaddle blanket.
- A snowsuit or something similar (if it's cold outside).
- A few sleepsuits, preferably long and with zipper for easier handle.
- A couple of newborn hats, especially if it's autumn-winter.
- Newborn diapers.
- A blanket to cover your baby.
- A few muslin cloths.

HOSPITAL BAG CHECKLIST FATHER

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- Phone and charger.
- A copy of the birth plan.
- Car seat to take the baby home (if you are in the UK).
- A change of clothes.
- Cash + coins for coffee/tea.
- Laptop/tablet if you have to wait.
- A towel, preferably a microfiber long one for easier storage.
- A refillable water bottle.
- Flip-flops.
- Photo camera.
- Swim shorts if you are planning to assist your partner in the labour pool/shower.
- Toothbrush + paste for a longer stay.