

YOUR HOSPITAL BAG CHECKLIST

WHAT SHOULD I PACK FOR MY BABY?

Five to ten newborn vests and sleepsuits

A blanket for the baby

Nappies

Muslins

Cotton wool or water wipes

Bottles with formula

WHAT SHOULD MY BIRTH PARTNER PACK?

Birthing music playlist

iPad loaded with films and box sets

Books and newspapers

TENS machine, if you're using one

Snacks and drinks

Toothbrush and some toothpaste

Spare pants & T-shirt for birth partner

Phone charger

Camera

WHAT SHOULD I PACK?

Vest top, slouchy T-shirt, comfy robe.

Hair bands, headscarf or a head band

Facial spray

Lip balm

Lavender oil and a flannel

Other essential oils

Lavender wheat bag

Nightie or open front pyjamas

Warm furry or fluffy slippers

Dressing gown

Big knickers

Pads, both maternity and breast

Nipple balm

Earplugs

Frozen Ribena