



Hospital Bag Checklist

A list of everything you may need for you and the arrival of your little one.

We advise you use suitcase dividers or jumbo clear zip-lock bags to help you organize your belongings. You can fit everything listed here for mum and baby into a single carry-on size piece of hand luggage! It is a good idea to have your bag packed a few weeks before your due date in case baby makes a surprise entry!

Baby's Bag

First Outfit

- Hat
- Long sleeved vest
- Sleepsuit
- Mittens
- Nappy

Nappy Changing

- Size 1 Nappies or Disposable Nappies
- Cotton wool
- Nappy Bags
- Water wipes
- Nappy Cream
- Baby Body Cream

Outfit Changes

- 6 x Long sleeved vests
- 6x Sleepsuits
- 6x Muslins
- 2x Baby Blankets
- 1x Pram suit for going home

Feeding / Accessories

- Nipples Cream
- Breastfeeding cover
- 3x sterilised bottles (if not breastfeeding)
- 6x ready-made formula (if not breastfeeding)



Mum's Bag

For Labour

- Old Knickers
- Warm socks
- Electric fan (or manual)
- Water Spritz
- Reusable Straws
- Old T-shirt
- Bikini Top
- Hair ties and/or Band
- Eye Mask

Clothes for Before / After Labour

- Dressing Gown
- Flip Flops
- Towel and Flannel
- Maternity and Nursing Nightie/ PJs
- Large Knickers which will sit over your bump
- Feeding Bras
- Comfy trousers that will sit over C section wound.
- Comfy clothes to go home

Travel Sized Toiletries

- Toothbrush & Toothpaste
- Shampoo & Conditioner
- Body Wash
- Maternity Pads
- Breast Pads
- Lanolin
- Lip Balm
- Hand, Face & Body Cream
- Face Wipes
- Hairbrush
- Stretch Mark Oil

Food / Entertainment

- Non-perishable snacks
- iPad, iPod or phone with playlist and Charger
- Book/Magazine/ Kindle
- Aromatherapy Oil/ Battery-powered Candles