

## Packing your hospital bag

Need help packing a hospital bag? We have put together a simple hospital bag checklist with all the essentials. Forget packing light, it's about packing right. If there was ever a time to be prepared, giving birth to a new human is.

- ☐ Pack a dressing gown. Ideal for wandering the ward.
- ☐ Pack slippers or flip flops for trips to the loo.
- ☐ Pack nighties or open shirts that are comfy with easy access to baby.
- ☐ Pack plenty of maternity pads. There can be a lot of bleeding after birth. Vaginal or C-sections.
- ☐ Pack a few pairs of big knickers. High-waisted and cotton will be comfiest.
- ☐ Pack a couple of nursing bras and lots of breast pads.
- ☐ If you're planning a water birth you might want to bring something to wear in the pool at first.
- ☐ Pack healthy snacks. The vending machine can be the back-up plan.
- ☐ Pack comfy going-home clothes. And a bag for dirty washing.
- ☐ Pack tiny toiletries, face wipes, lip balm, hairbands and dry shampoo.
- ☐ Bring your own pillow, a bright coloured one that won't get lost! Also bring a soft, dark coloured towel – hospital towels are not the softest and usually white.
- ☐ Pack eye patches and earplugs, and water spray or a pocket fan if it's summer.



- ☐ Pack some makeup, if that's your bag.
- ☐ Don't forget your phone. Seems obvious. But there's a lot going on.
- ☐ Consider music. Some hospitals still have CD players. If not, prepare a pocket playlist.
- ☐ Pack a notebook and pen. Helpful for jotting down feeding times.
- ☐ Don't forget your maternity notes, they contain your birth plan. This is when it'll really come in handy.
- ☐ Pack a few baby outfits, cellular blanket, nappies, cotton wool, muslins, booties, sleep suits, vests, scratch mitts, coat and hat for going home if it's winter and formula if you're bottle feeding.
- ☐ Pack an extra-long charger cable or a power bank.
- ☐ Have spare change handy for parking and vending machines.
- ☐ Buy a big hospital bag to put all this in!

