



Hospital Bag Check list

For Labour

- Your birth plan
- Hospital notes (if you have them)
- Change for the car park and money for snacks
- Nightie, dressing gown, cosy socks and slippers
- Contact lenses and spare glasses (if you have them)
- Magazines or ipod
- A watch with a second hand to time your contractions
- Hair tie/band (if you've got long hair)
- Water spray (for cooling yourself down during labour)
- Lip balm
- Cereal bars or dried fruit for an energy boost
- Frozen drinks – they'll defrost during a long labour

After labour

- Hot water bottle or wheat pack (for pain relief)
- Massage oil (for pain relief)
- Toothbrush, toothpaste and unscented toiletries
- Maxi sanitary pads
- Nursing bras and breast pads
- A v-shaped pillow (can help make baby feeding more comfy)
- Essentials for your baby, including nappies, blanket, socks, vest and something that goes on easily and doesn't really need to be tugged over their head
- Phone numbers for friends and family
- Camera
- Comfy clothes and flat shoes to go home in



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