Katie The Midwife

WHAT TO PACK IN YOUR HOSPITAL BAG

Tick each item off as you pack it

FOR MUM

- [ ] Maternity notes
- [ ] Copy of your birth preferences/plan
- [ ] Snacks and drinks (water bottle with straw)
- [ ] Comfy clothes for labour and after birth
- [ ] Nursing bra
- [ ] Handheld fan + face spray
- [ ] Hair tie
- [ ] Lip balm
- [ ] Slippers/flip flops
- [ ] BIG knickers
- [ ] Maternity pads
- [ ] Toiletries
- [ ] Nipple cream
- [ ] Breast pads
- [ ] Phone charger
- [ ] Headphones/eye mask and ear plugs
- [ ] TENS machine
- [ ] Dark towel
- [ ] Dressing gown
- [ ] Going home outfit

FOR BABY

- [ ] Sleepsuits/baby grows
- [ ] Vests
- [ ] Nappies
- [ ] Wipes / cotton wool
- [ ] Hats
- [ ] Baby blanket
- [ ] 'Starter pack' of formula (if bottle feeding)
- [ ] Muslin cloths
- [ ] Car seat (leave in car)
- [ ] Going home outfit

FOR BIRTH PARTNER

- [ ] Toiletries and change of clothes
- [ ] Small speaker or playlist
- [ ] Snacks and drinks
- [ ] Money for parking/vending machine
- [ ] Camera
- [ ] XL phone charger (for mum too)

MY EXTRAS