

BBC CBeebies PARENTING

Hospital bag for Labour

a checklist for parents-to-be

Personal Essentials

- Water bottle with straw or handle
- Phone charger
- Important documents

Clothes for Mum

- Several sets of underwear
- Nightie, slippers, dressing gown
- Extra bag for washing
- Nursing bras

Toiletries

- Shower gel or soap
- Lip balm
- Toothbrush and toothpaste
- Deodorant, dry shampoo and body wipes
- Hairbrush and ties

Baby Items

- 2-3 outfits including a vest, sleepsuit, mittens, hat
- One whole pack of nappies or reusable liners
- Blanket

Comforts

- Personal pillow
- Handheld fan or water spray
- Personal scents
- Snacks
- Towel
- Create a playlist

If Breastfeeding

- Muslin cloth
- Breast pads
- Colostrum (if your midwife suggests it)

Travelling Home

- Car seat (I-size is the European safety standard)
- Pram

Extras and add your own...

- Medication
- ...
- ...

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