



I'm not robot



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Now that's out the way, here's our ultimate hospital bag checklist for mum, baby and partners! Your Your hospital bag checklist: what you should pack for labour. Your "Who to Call" list. Here's our checklist of everything you and baby will need for the big day. Dressing gown A comfy cover-up for pacing through corridors Include everything you'll need for your baby, plus a few little luxuries for yourself. Your birth plan and maternity notes. You won't be allowed to leave the hospital without it. It will probably get a bit HOSPITAL BAG CHECKLIST LABOUR ESSENTIALS Toiletries Mobile phone and charger Maternity medical notes Birth plan Nightie or t-shirt to give birth in and one for after the HOSPITAL BAG CHECKLIST FOR MUM Comfortable clothingloose t-shirts or nightshirts/nighties (front opening for breastfeeding) plus dressing gown Sliders or flip For Baby: Nappies (one pack) Cotton wool balls/pads Vests (about 5) Baby Grows (about 5) Scratch mittens Hat Blanket Muslin squares Going home outfit Car seat – to bring in Hospital bag checklist This pre-op checklist will help you ensure you have everything you need to feel comfortable after surgery: A sports bra in your new breast size, to wear To help out, we've put together a hospital bag checklist printable of essential items which you can download and print out here: FREE Hospital bag checklist printable. cereal bars and isotonic drinks) Packing your hospital bag? And don't forget the car seat! Hospital Bag for Mum: Labour and DeliveryDownload hospital bag checklist (OpenOffice Document, KB) Find out what to pack in your bag ready for labour and birth, including essentials for you and the baby, plus suggestions for your birth partner, if you have one Here's *exactly* what to pack in your hospital bag, what *not* to pack, and a [FREE] a hospital bag checklist printable PDF Here's a list of items to pack in your labour bag: Birth plan and maternity notes. Important Documents. What to take HOSPITAL BAG CHECKLIST Not sure what to pack? Here's our checklist of everything you and baby will need for the big day. Copies of your Birth Plan. An old nightdress or T-shirt to wear in labour. Other hospital paperwork. Several nightdresses or t-shirts. Slippers, socks or flip flops. Not sure what to pack? Read on HOSPITAL BAG CHECKLIST. Water spray or sponge. (to keep you cool) Snacks and isotonic drinks For Mum: Your green notes Your birth preference list Old nightdress/ t-shirt to wear in labour Nightdress pyjamas for after baby is born Dressing Gown Slippers flipflops Big knickers (old/cheap/disposable) Comfortable bra Maternity Pads (large pack) Toiletries – Shampoo, shower gel, deodorant, toothbrush, toothpaste, face wipes Towel HOSPITAL BAG CHECKLIST LABOUR ESSENTIALS Toiletries Mobile phone and charger Maternity medical notes Birth plan Nightie or t-shirt to give birth in and one for after the birth Socks to keep your feet warm during labour Birth aidsTENS machine, birth ball, massage oil) Drinks and snacks for energy (e.g. A lightweight dressing gown. (enough for staff on different shifts can get one) Your insurance card. Lip balm. Hospital Bag for Mum: Labour and Delivery Birth plan/hospital notes Print off a few copies just in case.