

Packing your Hospital Bag

Suggested Hospital Bag contents for you and Baby

We have tried to make this list as comprehensive as possible, however if you have something you feel we should add to the list then please do contact us with your idea.

There's nothing more exciting than packing your hospital bag in anticipation of the big day! To make life easiers we are introducing this new section to help you. Below is a suggested list for the hospital for both Mum and Baby. Meanwhile make life easy on yourself and stock up on the necessities here.

For Baby:

- 5 * vests
- 5 * sleepsuits
- 2 * pairs scratch mits
- 1 * baby blanket
- 1 * baby towel
- 1 * pack of newborn size nappies
- 1 * wipes
- 2 * muslin squares (these are great for catching burps!)
- Outfit for going home
- soother (if you're going to use one)
- cotton wool
- Baby bath
- Baby powder

For Mum

- 1 * Light dressing gown

- 1 * A big t-shirt/nightie for labour - nothing you love!

- 3 * pairs light cotton pyjamas or nightdresses

- 1 * Slippers

- 1 * Warm socks for labour

- 1 * pack of Breast pads

- 1 * tube Lansinoh cream (if you plan on breastfeeding this is brilliant!)

- 2 * Nursing bras (again for breastfeeding mums)

- 1 * Toothbrush and Toothpaste

- 1 * Shampoo and Conditioner

- 1 * Deodorant

- 1 * Shower Gel

- 2 * packs maternity pads

- 2 * Towels (a dark colour is a good idea)

- 1 * Face cloth

- 1 * pack Disposable knickers

- 1 * Lip balm

- 1 * box Tissues

- 1 * Notebook and pen

- 1 * witch hazel (ask midwife to put this in the fridge - heaven if you have stitches)

- 1 * tea tree oil (put into your bath afterwards to help healing)

- 1 * lavender oil (good for helping you relax during labour)

- Arnica tablets - can help reduce bruising and aid recovery after the birth

For Dad/Birth partner:

- 1 * Disposable camera (put into your labour bag to prevent you forgetting it!)
- 1 * Notebook and pen (to keep track of contractions etc.)
- Plenty of call credit for mobile phone or a call card
- List of people to call afterwards
- snacks for labour
- Something to read.