

LITTLE WISHLIST

Hospital bag checklist

Pre-labour	Need	Got
Loose fitting robe / gown		
Slippers / cosy socks		
Nightshirt or loose nightie		
Oversized t-shirts		
Lip balm		
Hand cream		
Snacks and drinks		
Books, mags, box sets etc.		
Pillow / cushion		
Phone chargers / power banks		
Ear plugs and eye mask		
Refillable water bottle		

Post-labour	Need	Got
Nursing bra		
Maxi-maternity sanitary pads		
Extra toiletries		
Dark soft towels		
Front-opening nighties or pyjamas		
Large comfy knickers		
Breast pads and nipple cream		
Comfortable outfit for going home in		
Make up bag		
Treats		
Flip flops		
Extra pairs of bottoms (pjs, leggings, shorts etc.)		
Plastic bags for dirty clothing		

Labour	Need	Got
Cool comfy clothes		
Hair ties or bands		
Fan / water spray		
Pillow / cushion		
Snacks and drinks		
Music		
Toiletries		
Birthing ball		
TENS machine		
Drinking straw		

For baby	Need	Got
Snowsuit or cardigan		
Sleepsuits and vests		
Cellular blanket		
Muslins		
Hat		
Scratch mittens		
Socks		
Going home outfit		
Nappies		
Nappy bags		
Cotton wool		
Baby wipes		
Nappy creams		
Car seat		
Dummies suitable for newborns		
Readymade formula		