



## For Baby:

### HOSPITAL BAG CHECK LIST

#### For Mum:

- Maternity Notes
- Nipple shields
- Breast pads
- Loose fitting pjs/  
nightshirt
- Big knickers
- Maternity bras
- Hand sanitiser
- Hand cream
- Nipple cream
- Lip balm
- Toiletries
- Toothbrush & tooth  
paste
- Eye mask
- Earplugs
- Phone, charger &  
headphones
- Going home clothes
- Bobbles and hair clips
  
- Towel
- Earphones
- Dry shampoo
- Roll on deodorant
- Slippers/flip flops
- Snacks
- Water bottle
- Tens machine ( if  
using)
- Massage oils

- Baby vests
- Baby sleep suits x4
- Cellular Blanket
- Muslins
- Going home outfit
- Hat & scratch mits
- Size 1 Nappies
- Water wipes & cotton  
wool
- Nappy rash cream
- Changing Mat
- Formula if bottle  
feeding
- Car seat ( keep in car)

#### For Dad/Partner:

- Change of clothes
- Toiletries
- Tooth brush &  
toothpaste
- Snacks
- Water Bottle
- Phone & charger