

# MATERNITY HOSPITAL BAG CHECKLIST

## FOR YOU



- Maternity notes
- Several nightdresses or large t-shirts
- Socks to keep your feet warm during labour
- Lip balm
- Snacks and isotonic drinks e.g. Lucozade sport – not fizzy drinks
- Something loose and comfortable to wear after your baby is born (front-opening is useful if you're planning to breastfeed)
- Comfortable and supportive non-wired bras, including nursing bras if you're planning to breastfeed
- Maternity pads – several packets
- Wash bag with toothbrush, toothpaste, hairbrush, hairbands and other toiletries
- Towels for after showering – choose dark colours
- At least six pairs of comfortable underwear – choose dark colours or disposable knickers
- Dressing gown and slippers
- Plastic bags to put any dirty clothes into for baby and you
- Ibuprofen and Paracetamol for after the birth (if you are able to take them)
- Peppermint tea/cordial if you are having a caesarean section to aid digestion
- Mobile phone / camera and charger
- I-pod and speaker
- Handheld maternity notes
- Birth plan

## FOR YOUR BABY



- Vests (bodysuits) and front-opening sleepsuits – newborn / first size – at least six of each
- Warm hats and cardigans – woollen / knitted are ideal
- Muslin squares or soft bibs
- Nappies and cotton wool pads
- Baby blanket
- Baby car seat
- Suitable clothing for travelling home
- At least one starter pack of baby formula if you are planning to formula feed – formula is not provided routinely and there are no facilities to sterilise/make up bottles (please note formula will be provided if clinically indicated)

### Please note due to COVID:

- One birthing partner is permitted to accompany you during your hospital stay. This must be the same person throughout. They must remain in the room and we ask that they are appropriately clothed at all times. Fold down beds are provided for birth partners but are not guaranteed.
- Meals and drinks are provided for you. Your birthing partner should bring their own provisions such as healthy snacks, noodle pots (hot water will be available) and other non-perishable items. If they choose to leave, they must wear a mask and will not be permitted to return. The on-site restaurant is for staff only at present.