



Preparing for hospital check list

For you	need this!	got this!
Pyjamas or nightdress (front opening)		
Dressing gown		
Slippers		
Warm socks		
Toilet bag and toiletries		
Bath towel		
Nursing bras		
Face wipes		
Lip salve		
Camera / video with spare batteries		
Your birth plan		
An old nightdress or a t-shirt to wear in labour		
Massage oil or lotion if you would like to be massaged during your labour		
Watch with a second hand, to time contractions		
Relaxation materials: books, magazines, games etc		
Pictures of someone or something you love for inspiration		
TENS pain relief machine if you are planning to use one		
Water spray, or a hand-held fan to keep you cool		
Music to listen to – CD's or iPod		
List of family and friends phone numbers		
Disposable / old knickers		
Maternity towels		
Glasses / contact lenses		
Partners swimwear if you are planning a water birth		
Snacks – dried fruit, lollipops, cereal bars, glucose tablets, bottles of water		
Comfortable clothes to wear home		
Rescue remedy – may help during labour		
Ear plugs, in case you end up on a noisy ward!		
Arnica tablets to help with bruising after the birth		
Spare change for car park and phone calls		

For baby	need this!	got this!
Cotton wool balls		
Newborn nappies		
Nappy sacks		
Vests		
Sleep suits		
Hat		
Booties or socks		
Cellular blanket		
Muslin squares		
Infant car seat		
Anything else you can think of!		