



Hospital Bag Essentials

CHECKLIST

For Baby

- Babygro's/Outfit
- Baby Vests
- Scratch Mitts
- Hat
- Socks or Booties
- Baby Blanket
- Muslin Square
- Travel Changing Mat
- Nappies
- Nappy Bags
- Cotton Wool Balls

On The Day!

- Birth Plan
- Phone Charger
- Snacks/Drinks
- Small Change
- TENS Machine
- Hairbrush

For Mum

- Underwear/Clothes
- Socks
- Light Dressing Gown
- Slippers/Eye Mask/Ear Plugs
- PJ's
- Maternity Pads
- Breast Pads
- Body Wash
- Shampoo & Conditioner
- Antiperspirant
- Toothbrush & Toothpaste
- Lip Balm
- Hand Sanitiser
- Tissues
- Face Wipes
- Hair Bobble
- Flannel