

Hospital Checklist



For you

- Birth plan and hospital documents
- Pillows
- Water spray (to keep you cool!)
- Massage oils or lotions
- Something to read or watch
- Tissues
- Lip balm
- Dressing gown and slippers
- Favourite music and music player
- TENS machine (if you're using one)
- A night dress or old t-shirt to wear while you're in labour
- Maternity pads
- Change of underwear

- Wash bag with all the essentials: toothbrush, toothpaste, cleanser, shower gel and shampoo
- Pyjamas or nightdress to wear after your baby's been born
- Camera
- Phone and charger
- Change of clothes to wear home



For baby

- Nappies
- Babygrow
- Vests/bodysuits
- Hat
- Socks
- Shawl or blanket
- Baby wipes
- Muslin squares



Add your own items

- _____
- _____
- _____
- _____
- _____
- _____
- _____

