Hospital packing list

	Item	Packed
	FOR YOU	
☐	Birth plan and hospital notes	
☐	Loose, comfortable clothes for labour	
☐	Dressing gown, and slippers or flip-flops	
☐	Nightwear, front-opening if you plan to breastfeed	
☐	3 changes of comfortable clothes, socks and underwear	
☐	Nursing bras and breast pads	
☐	Maternity pads	
☐	Wash bag, towels and your own pillow	
☐	Snacks, drinks and a water bottle	
☐	Any medicines you take; spare glasses or contact lenses	
☐	Phone and charger	
	FOR THE BABY	
☐	Bodysuits, vests and sleepsuits	
☐	An outfit for going home, with a hat, mittens and socks	
☐	Diapers, wipes or cotton wool, and muslin cloths	
☐	A blanket, and a snowsuit if it is cold	
☐	Car seat for the trip home	
	FOR YOUR BIRTH PARTNER	
☐	A change of clothes and toiletries	
☐	Phone, charger, snacks and drinks	
☐	Change for parking and vending machines	