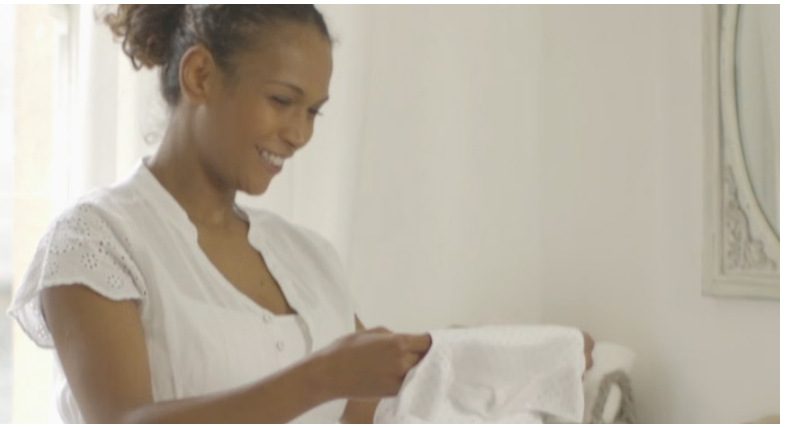


# Guide to packing your hospital bag



If you're planning to give birth in hospital, there are certain things you should take with you to help make things easier before, during and after labour. Here are some suggestions for what to pack.

## My hospital bag

- Birth plan and maternity notes
- Socks or slippers
- 8 pairs of maternity knickers
- Sanitary pads
- Bikini top for the birthing pool
- Loose fitting nightdress
- Lightweight dressing gown
- Nursing bras and breast pads
- Wash bag with flannel, shampoo, toothbrush and toothpaste
- Hair bands and lip balm
- Make-up and moisturiser
- Loose, comfy 'going home' clothes
- Dark-coloured or old towels
- Extra pillow (can double as a nursing pillow)
- Earplugs and eye mask
- TENS machine and batteries
- Money for car park
- Mobile phone and charger
- Sports water bottle or straws
- Drinks and healthy snacks

## Don't forget the car seat

A rear-facing newborn (group 0+) car seat is a legal requirement if you are driving home from the hospital in any type of vehicle, including a taxi. It should be fitted in the back seat, rather than the front, away from any dashboard airbags.

## For Baby

- Baby vests and sleep suits
- Scratch mitts and socks
- Baby hat
- Baby blanket
- Muslin squares
- Nappies
- Nappy bag
- Cotton wool

## Packing for a planned caesarean

As you're likely to be in hospital for a few days, you may want to pack a few extras. Books, magazines, headphones or mini speakers and an extensive playlist on your phone can keep you occupied while you wait for the C-section – and during birth.

You'll need several pairs of high-waisted cotton knickers to go over your scar, and comfortable clothes, preferably with buttons down the front for breastfeeding. A second nightgown is useful, along with slip-on slippers or shoes, as your movements will be restricted at first. Due to your longer stay, you'll also need extra clothes and nappies for your baby, but as space in the ward will be limited, ask friends and family to bring you supplies as you need them.

## Packing for twins

If you're expecting twins, it's a good idea to have your bag packed by 26 weeks as twins have a tendency to arrive earlier than full term. It goes without saying you'll need twice as many baby clothes and nappies, so to save space on the ward, consider packing two bags and leaving one in the car, or with birth partner, for when it's needed.