

mamia



Hospital Bag checklist

If you're nearing the 35-week mark it's a good idea to have your hospital bag ready to go. Yes, we've thought of everything, so you don't have to.

For the baby

- Baby grows
- Blankets
- Muslins
- Mittens, socks and hat
- Nappies
- Cotton wool and wipes
- Car seat/ Carrier
- Toothbrush/ Toothpaste
- Lip balm
- Moisturiser
- Shampoo
- Conditioner
- Dark Towel and flannel
- Pillow/ nursing pillow
- Nipple cream

For Mum

- Birthplan
- Birthing music playlist
- Drinks
- Healthy snacks
- iPad
- Phone charger
- Magazines/Crosswords
- Favourite tunes to get you through the wait
- Pjs/ Nighty and a dressing gown
- Slippers
- Socks
- Nursing bra
- Comfy knickers
- Maternity pads
- Comfortable clothes for going home

- Hair bands
- Swimwear and Towel (for waterbirth)
- Hot water bottle

For Dad

- Change for the carpark
- Cash for food
- Snacks
- Downloads of all your favourite shows/movies
- Phone charger
- Relative's contact numbers

