Hospital Bag Checklist

Family, baby and school | A4 | Print at 100% or Actual size, never Fit to page

For mum

- ☐ Pack 2 nightdresses and a dressing gown
- ☐ Bring loose clothes to go home in
- ☐ Pack slippers and socks
- ☐ Bring a phone charger and headphones
- ☐ Pack lip balm and a water bottle
- ☐ Bring snacks and drinks
- ☐ Pack your birth plan and notes
- ☐ Bring your ID and insurance card
- ☐
- ☐

For baby

- ☐ Pack 3 sleepsuits and 3 vests
- ☐ Bring a hat and a blanket
- ☐ Pack nappies and wipes
- ☐ Bring a car seat for the trip home
- ☐ Pack a going-home outfit
- ☐ Bring a muslin cloth
- ☐ Pack a soft toy if you like
- ☐
- ☐

For the birth partner

- ☐ Pack snacks and a water bottle
- ☐ Bring a phone charger
- ☐ Pack a change of clothes
- ☐ Bring coins for parking and vending
- ☐ Pack a book or headphones
- ☐ Bring the car keys and the hospital address
- ☐
- ☐

Documents and extras

- ☐ Bring your maternity notes
- ☐ Pack your birth plan
- ☐ Bring your insurance card

- ☐ Pack a list of phone numbers
- ☐ Bring a bag for dirty laundry
- ☐
- ☐