

For Mum

- Dressing gown
- Nightdress (*With easy access if planning to breastfeed*)
- Socks and Slippers
- Water spray/ sponge/ fan
- Birth plan
- Medical notes
- Hand sanitiser
- Face mask (*if you prefer to use own*)
- Lip balm
- Ear plugs / eye mask
- Pillow
- Book/ Magazines/ Sudoku/ Crosswords/ Tablet
- Maternity pads / Heavy duty Sanitary wear (*2 x packs*)
- Big knickers (*5-6 pairs*)
- Toiletries (*towel, toothbrush, toothpaste, tissues, deodorant, hairbrush, face wipes/wash, flannel, shampoo, conditioner, soap, hairdryer*)
- Hair bobbles/ hair clips
- Plastic bag for dirty clothes
- Cosmetics / make up
- Glasses / contact lenses + solution
- Phone and charger
- Comfortable going home clothes
- Snacks & drinks (*cereal bars, fruit, pack of raisins, energy drinks*)
- Bendy straws
- Massage oil
- TENS machine (*if you plan to use one*)
- Calming music/ playlist
- Bra or vest top (*if planning to use a birthing pool and want to cover up*)
- Any medications you are taking
- Nipple cream (*if planning to breastfeed*)
- Nursing bars (*x 2*)
- Breast pads
- A pen
- A jug (*to pour warm water onto the perineum during the first wee, after a vaginal birth*)



Working in partnership to improve maternity services

For Baby

- Babygrows (*Approx. 4-5*)
- Vests (*Several*)
- Newborn hat
- Blanket / shawl
- Socks/booties
- Newborn nappies (*Approx. 20-30*)
- Nappy bags
- Sensitive Baby wipes
- Cotton wool balls
- Muslin squares (*3-4*)
- Going home outfit (*Depending on the season, think about mittens, snow suit or jacket for the journey home*)
- Car seat
- Formula milk & sterile bottles (*if planning to formula feed*)

For Birth Partner

- Snacks and drinks (*Cereal bars, energy drinks, water, fruit, crisps, chocolate, sandwich*)
- Phone & charger
- Camera and batteries
- A change of clothes
- Shorts/T-shirt (*Hospitals can get extremely hot*)
- Face mask (*if prefer to use own*)
- Small pillow (*Coloured, not white- this makes sure that your pillow stays with you and is not mistaken for a hospital pillow*)
- Spare glasses or contact lenses + solution
- Hand sanitiser
- Book/ Magazine/ Sudoku/ Crosswords/ Tablet
- Any medications you are taking
- Change for car park / vending machine
- A pen