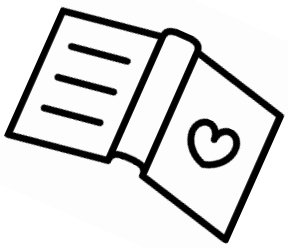
Love To Dream's essential hospital bag checklist ✓

What do I need in my hospital bag?

- ☆ **Green pregnancy notes**
  You should carry these with you all the time in the final weeks, just in case! ☐
- ☆ **Birth plan**
  To help to communicate the type of labour and birth you would like, but remember, it's not set in stone ☐
- ☆ **Dressing gown**
  Be sure to pick a dark colour to hide any stains ☐
- ☆ **Slippers**
  Useful for pacing the corridors in early labour ☐
- ☆ **Socks**
  It's very common for your feet to feel cold during labour, so warm socks will come in very handy ☐
- ☆ **T-shirt/nightdress**
  Something comfortable and cheap to wear in labour ☐
- ☆ **Massage oil**
  So your partner can massage your back during labour ☐
- ☆ **Birthing ball**
  You might want to take your own from home, but check with the hospital first ☐
- ☆ **Hair elastic**
  So you can tie your hair back in labour and prevent it from getting in the way ☐
- ☆ **Lip balm**
  It's very common to have dry lips during labour, so make sure you have some lip balm to hand ☐
- ☆ **Mouthwash**
  To help freshen your mouth when you need it ☐
- ☆ **Snacks and drinks**
  Isotonic sports drinks, light snacks and glucose tablets will help keep you going ☐
- ☆ **Handheld fan**
  This will help cool you down during labour ☐
- ☆ **Water spray**
  To spritz your face, again helping to keep you cool ☐
- ☆ **Straws**
  These will help you drink more easily during labour ☐
- ☆ **Music**
  You might want to put together a playlist of your favourite songs for labour, to make it that bit less arduous ☐
- ☆ **Facecloth**
  To rest on your brow, thereby helping to cool you down ☐
- ☆ **Magazines, books and iPad**
  Something to help pass the time! ☐

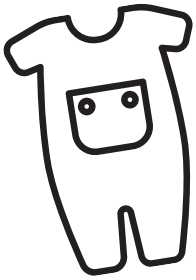


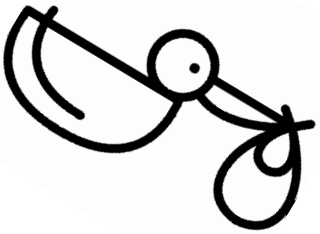
What do I need in my hospital bag? (Continued)

- ☆ **Pillows**
  V-shaped pillows can be great both during labour and on the postnatal ward ☐
- ☆ **TENS Machine**
  If you're planning on using one for pain relief ☐
- ☆ **Any prescribed medication you may be taking**

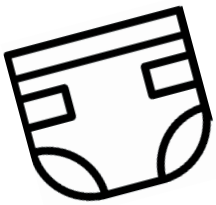
What shall I pack for the postnatal ward?

- ☆ **Pyjamas**
  Something comfortable and front opening making it easy to breastfeed (if you intend on breastfeeding) ☐
- ☆ **Dressing gown**
  To preserve your modesty! ☐
- ☆ **Going home outfit**
  Comfortable clothes to travel home in ☐
- ☆ **Nursing bras**
  Two or three should be sufficient ☐
- ☆ **Maternity pads**
  You're going to need lots of these, so bring roughly two packs ☐
- ☆ **Breast pads**
  One pack should be enough ☐
- ☆ **Toiletries**
  Treat yourself to some nice travel size toiletries ☐
- ☆ **Make up**
  In case you have visitors, but remember, you've just had a baby, there is no need to put on make up if you don't want too! ☐
- ☆ **Hairbrush and hair elastic** ☐
- ☆ **Towels**
  Bring a towel from home as they can be in short supply in hospital ☐
- ☆ **Old, cheap or disposable knickers**
  Big cotton knickers are ideal, but don't bring your best! ☐
- ☆ **Arnica cream**
  Helps to reduce the bruising down below ☐
- ☆ **Eye mask and ear plugs**
  To help you sleep on the noisy postnatal ward ☐
- ☆ **Mobile phone and charger**
  To ensure you can contact family and friends ☐

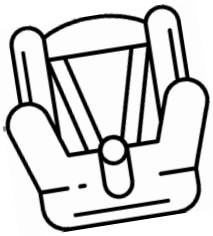




What shall I pack for my new baby?



- ☆ **Nappies**
  Disposable or reusable, whichever your choice is
- ☆ **Cotton wool**
- ☆ **Wipes**
  Great for general cleaning up eg, if they are sick on you but make sure they are fragrance free
- ☆ **Vests**
  To put under sleepsuits, babies need to be kept warm
- ☆ **Sleepsuits**
  Keep a special one to one side in case a photographer comes around, so you have something for them to wear.
- ☆ **A hat**
  Prevents heat loss through their head
- ☆ **Scratch mittens**
  To stop them scratching, particularly their face
- ☆ **Socks**
  Again to help keep them warm
- ☆ **Blankets**
  Can be in short supply in the hospital, so make sure you have some
- ☆ **Muslin squares**
  To catch/clean up dribble and sick!
- ☆ **Car seat**
  While you don't need this in the hospital, you will need it to take your little one home so make sure you know how to fit it well in advance!



What should my birth partner pack?

- ☆ **Change of clothes**
  They may be there with you for a long time, so they'll need clothes to change into
- ☆ **Toiletry bag**
  Basic toiletries such as toothpaste, toothbrush, and deodorant
- ☆ **Comfy shoes**
  For pacing the corridors with you in early labour!
- ☆ **Swimwear**
  In case they want to get into the birthing pool with you
- ☆ **Mobile and charger**
  To make those important phone calls
- ☆ **Camera or camera phone**
  To take photos or a short film straight after birth, capturing those precious early moments of your little one's life
- ☆ **Snacks and drinks**
  To keep them hydrated and prevent them having to leave the room!