

The Hospital Bag

www.welshmum.co.uk

For Mum

- Nightgown or top to give birth in
- 2 sets of spare nightwear
- 5 Pairs of Underwear
- Dressing Gown
- Comfortable outfit to wear home
- Bath Towel
- Toiletries for showering
- Toothbrush & Toothpaste
- Hairbrush & Hair ties
- Moisturizer
- Phone, Tablet or Laptop
- Chargers for devices
- Lip Balm
- Slippers or Flip-Flops
- Maternity Pads

For Baby

- Sleeveless Vests*
- Sleepsuits / Onesies*
- Muslin for swaddling
- Light Blanket
- Hats
- Scratch Mittens
- 10 Nappies
- Wet Wipes
- Cotton Wool
- Burp Cloths
- Dummy / Pacifier
- Going home / Photo outfit

* You may want to take multiple sizes in case they're a big or small baby!

If Breastfeeding

- Nursing Tops
- Nursing Bra
- Lanolin Cream
- Breastfeeding Pads

For Partner

- Water Bottle
- Snacks
- Phone & Charger

& don't forget the Car Seat to go home in!