

HOSPITAL CHECKLIST ✓

Be prepared to welcome your new bundle of joy with our hospital checklist.



FOR MUM



- Phone/camera
- Birth Plan
- Loose clothing
- A book/ magazine
- Headphones
- Hair band/ hair brush
- Face wipes/ water spray
- Water
- Snacks
- Lip balm
- 2 pairs of socks
- 2 towels
- 1 flannel
- Comfy pyjamas
- Dressing gown
- Slippers
- Nursing bra
- Nursing pads
- Comfortable knickers
- Toiletries e.g. Toothbrush, toothpaste, shampoo
- A bag for dirty clothing
- Coins for vending machine

FOR BABY



- 1 pack of new born nappies
- Muslin squares
- Nappy cream
- Nappy sacks
- Baby wipes
- Cotton wool
- Soft hooded baby towel
- Hat
- Mittens
- Socks
- 3-4 sleepsuits
- 3-4 vests
- Going home outfit
- Blanket

FOR CAR

- Car Seat



FOR PARTNER

- Coins for the car park
- Book/ newspaper
- Camera
- Phone and charger
- Snacks
- Toiletries
- A change of clothes
- A pillow

