

What do I need to bring into hospital when having my baby?

Labour bag	Hospital bag
<p>Mum</p> <ul style="list-style-type: none"> ✓ Notes/any medication ✓ Tens machine (if using one) ✓ Birthing nighty/swimwear for the pool ✓ Clean nighty/dressing gown/slippers ✓ 2 big knickers/sanitary pads ✓ 1 maternity bra/breast pads ✓ Toiletries/towels 	<p>Mum</p> <ul style="list-style-type: none"> ✓ 2 clean open front nighties ✓ Loose fitting clothes to go home in ✓ 2/3 maternity bras ✓ 4/6 big knickers ✓ Pack of maternity and breast pads ✓ Any toiletries not in labour bag ✓ Clean towels
<p>Baby</p> <ul style="list-style-type: none"> ✓ Nappies/wipes/cotton wool ✓ 1 vest/1 baby grow/ hat ✓ 1 blanket/1 muslin cloth ✓ Milk if not breast feeding 	<p>Baby</p> <ul style="list-style-type: none"> ✓ Nappies/wet wipes/cotton wool ✓ Starter pack milk if not breast feeding ✓ 4 vests/4 baby grows/scratch mits ✓ 2 blankets/towel for baby ✓ Going home outfit/coat
<p>Dad</p> <ul style="list-style-type: none"> ✓ Camera/phone chargers ✓ Snacks/high energy drinks ✓ Money/change ✓ Deodorant/change of top ✓ Magazines/entertainment for both 	<p>Dad</p> <ul style="list-style-type: none"> ✓ Change of clothes/toiletries ✓ Snacks/drinks ✓ Car seat