



WHAT TO PACK IN YOUR HOSPITAL BAG





A Checklist for Parents-to-Be

What to Pack in Your Hospital Bag A Checklist

Knowing exactly what to take with you to hospital is always a challenge. I work with many parents-to-be towards the later stages in their pregnancy and the conversation often turns to questions about what the best items are to take to hospital.

When parents-to-be have had their babies and come to me for their newborn photography experience, I like to find out from them which items were the best to pack for their hospital stay.

This checklist is a pick of the best things to take in an 'easy to follow' checklist. You can tick them off as you pack. In this checklist, we cover the four main areas to pack for, which are:



During Labour



After Baby is Born



For Your Birth Partner



For Your Baby

Happy Packing and good luck with welcoming your new baby into the world!



Sarah



During Labour

- ☒ *Tick when packed*
- ☐ Your birth plan
- ☐ Dressing gown
- ☐ Slippers
- ☐ Socks (including a pair of bed socks as your feet may get cold)
- ☐ An old nightdress or T-shirt (or one of dad's old work shirts) to wear in labour
- ☐ Massage oils or lotions
- ☐ Lip balm
- ☐ Snacks and drinks or glucose tablets
- ☐ A magazine
- ☐ A hairband or hair bobble
- ☐ Pillow
- ☐ TENS machine if you plan on using one
- ☐ Water or facial spray to cool down during labour
- ☐ Toiletries
- ☐ Music to listen to (you may want to make up your own playlist)



After Baby is Born



Tick when packed



Breastfeeding bra if you are choosing to breastfeed



Breast pads



Maternity pads



Nipple balm



Two nightdresses or pyjamas



Snacks and a drink



Old, cheap or disposable knickers



Toiletries including toothbrush and toothpaste



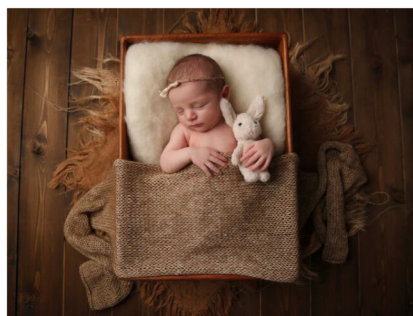
Towel and a hairbrush



Ear plugs (in case the ward is noisy)



An outfit to go home in





For Birth Partner



Tick when packed



Change of clothes



Toothbrush and toothpaste



Deodorant



A comfortable pair of shoes, as you may be standing up or walking a lot



Swimwear if you are having a water birth and want to join your partner in the pool



A watch with a secondhand or stopwatch to time contractions



An iPad with films to watch and headphones



A book or a magazine



Phone, camera or camcorder (don't forget the phone charger!)



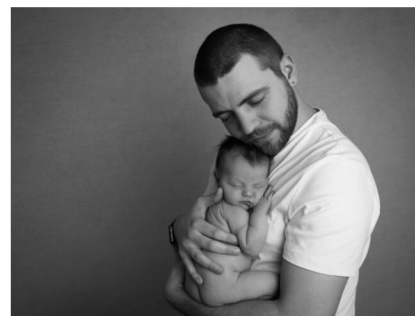
Snacks and drinks



Cash for parking and also for snacks from the shop if necessary



Contact numbers for family and friends and, of course, your photographer!





For Baby



Tick when packed

☐

Nappies

☐

Cotton wool

☐

Five vests

☐

Five babygrows

☐

Baby blanket

☐

Muslin squares

☐

Towel

☐

If you are not breastfeeding, sterilised bottles and baby milk

☐

A jacket

☐

An outfit to go home in

☐

Newborn car seat

I hope this checklist is helpful for you and you are all set with your hospital bag. Have you already booked in for your newborn photography experience?

Even if you're past your 20-week mark, it's never too late to try and book yours now.

www.sarahbaldockportraits.co.uk/newborn