



## SUGGESTIONS OF WHAT TO TAKE TO HOSPITAL

### For the journey to hospital:

- Plastic sheet and/or towels to protect your car
- Bucket in case you feel sick
- Baby car seat in case of 6 hour discharge

### For labour:

- Old T-shirt or nightdress
- Thick socks (feet may become cold)
- Dressing gown and slippers (for pacing corridors in early labour)
- Partners should wear light clothing as labour wards can be very hot, layers just in case you get cold.
- Maternity notes and birth plan
- Camera with extra film/memory cards and batteries
- Books/magazines
- Personal music.
- Pillows
- Food and drink (for Mum and Dad)
- Energy food and drink (Jelly Babies)
- Massage oils
- Face spray
- Flannel
- Hairbrush, grips and combs to keep hair off your face
- Tissues/wipes
- Natural sponge to moisten mouth
- Lip Balm (for dry lips)
- TENS machine and batteries
- Hand held fan

### For after the birth:

#### For you:

- Front opening nightdresses (2 )
- Sanitary towels (super absorbent)
- Nursing bras (2 or 3)
- Underwear (I recommend Cheap Pants – Large Black!)
- Breast pads
- Toiletries (towel, shampoo, soap, etc...)
- Slippers
- Dressing gown (lightweight)
- Make up
- Arnica tablets (for bruising)
- Outfit to go home in (not too tight fitting)
- water bottle
- High fibre food and plenty of drinks to help with going to the toilet afterwards.
- Bottle of Champagne (your deserve it!)

#### For baby:

- Nappies
- Cotton wool
- Towel
- Vests/bodysuits (2-3)
- Sleep suits (2-3)
- Cardigan (1 or 2)
- Scratch mitts
- Hat
- Blanket/shawl
- Car seat