

What to Pack in Your Hospital Bag (UK)

Hospital Bag

- ☒ Maternity notes and birth plan
- ☒ Comfortable clothing
- ☒ Nightwear
- ☒ Slippers or flip-flops
- ☒ Maternity pads
- ☒ Breast pads
- ☒ Toiletries

For Baby

- ☒ Bodysuits and sleepsuits
- ☒ Socks or booties
- ☒ Hat
- ☒ Blanket
- ☒ Nappies

For Labour

- ☒ Dressing gown
- ☒ Old nightdress or long top
- ☒ Lip balm
- ☒ Hairbands
- ☒ Pillows
- ☒ Snacks and drinks

For Partner

- ☒ Change of clothes
- ☒ Phone and charger
- ☒ Snacks and drinks
- ☒ Cash and change
- ☒ Toiletries