

Guide to packing your hospital bag

If you're planning to give birth in hospital, there are certain things you should take with you to help make things easier before, during and after labour. Here are some suggestions of what to pack.



During labour

- Books and magazines, MP3 player
- Snacks (cereal bars, bananas, nuts etc.)
- Drinks (drinking straws may be useful too)
- Massage oil (unscented)
- Lip balm
- TENS machine (if you are using this for pain relief)
- Warmed wheat bag (can also help relieve pain)
- Maternity notes and birth plan
- Loose cotton nightie or oversized T-shirt
- Dressing gown/sweater and socks (you may get cold during labour)
- Hair band to keep your hair out of the way
- Watch (to time contractions)
- Soothing water spray and face cloth
- Your own pillow



After labour

- Camera (batteries and/or memory card)
- Money for pay phone (list of telephone numbers)
- Toiletries (toothpaste, toothbrush, facewash etc.)
- Nursing bras/breast pads
- Clean pyjamas or nightie suitable for breastfeeding
- Maternity sanitary pads
- Underwear
- Slippers
- Comfy clothing for you to go home in
- Nappies and cotton wool
- Baby clothes
- Baby car seat
- Baby blanket

IMPORTANT NOTICE: Breastfeeding is best for babies and provides many benefits. It is important that, in preparation for and during breastfeeding, you eat a healthy, balanced diet. Combined breast and bottlefeeding in the first weeks of life may reduce the supply of your own breastmilk, and reversing the decision not to breastfeed is difficult. The social and financial implications of using an infant milk should be considered. Improper use of an infant milk or inappropriate foods or feeding methods may present a health hazard. If you use an infant milk, you should follow manufacturer's instructions for use carefully – failure to follow the instructions may make your baby ill. Always consult your doctor, midwife or health visitor for advice about feeding your baby.



For further advice call our Careline team

08457 623 628

Or ask your Healthcare Professional

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