

## Midwives for Mothers Hospital Bag Checklist

Checklist for mother	
Birthing ball / Peanut ball if using	
Bikini if using the pool	
Massage Oil	
Cold Compress / Flannel	
Heat pack	
Drinking straws	
Thermos (ice)	
Birth preferences	
Loose comfortable clothing to wear during labour	
Dressing gown	
Slippers or flip flops	
Nightwear (front opening if breastfeeding)	
Change of clothes	
Socks	
Big pants	
2 or 3 bras	
Breast pads	
2 packs of super absorbent pads	
Toiletries	
An eye mask	
Towels	
Pillows	
Healthy snacks and drinks	
Fan / Water spray	
Medication ( if taking )	
TENS machine	
Books, magazines, podcasts, music playlists, cards	
Phone and charger	

Spare glasses or contact lenses	
Laundry bag	
Hairband or Scrunchie	
Lip Balm	

### Checklist for baby

Bodysuits, vests and sleepsuits	
A hat, socks, scratch mittens,	
Nappies	
Cotton wool or wipes	
Muslin squares	
Blanket or shawl	
Car seat	

### Checklist for birth partner

Change of clothes	
Toiletries	
Phone and charger	
Camera	
Snacks and drinks	
Medication ( if taking )	
Glasses or contact lenses	
Spare change for car park or vending machine	
Access to Maternal Notes (Badgernet)	



Midwives  
For  
Mothers