



G.H.HURT & SON

NOTTINGHAM, SINCE 1912

The Ultimate Hospital Bag Checklist...

For mum:

- Your birth plan and maternity notes
- A dressing gown
- Slippers
- Warm socks
- Comfortable night dress
- Toothbrush and toothpaste
- Deodorant
- Hairbrush and hairties
- Lip balm
- A TENS machine if choosing to use one
- Entertainment ie. books, magazines or music
- An extra pillow
- 2 – 3 supportive nursing bras
- Super absorbent sanitary or maternity pads
- A towel
- Plenty of comfortable knickers
- Breast pads
- Changes of clothes
- Snacks and drinks
- Glasses or contact lenses if needed
- A going home outfit

For the birthing partner:

- Change for the hospital parking if driving there
- A mobile phone and charger
- A change of clothing
- Entertainment such as a magazine
- A fan or water spray
- A camera

For the baby:

- Plenty of nappies
- Cotton wool balls
- Sleepsuits and vests
- Muslin squares
- A going home outfit including a pramsuit
- A baby shawl
- A car seat

Any additional items:

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