

PREPARE YOUR BAG FOR LABOR.

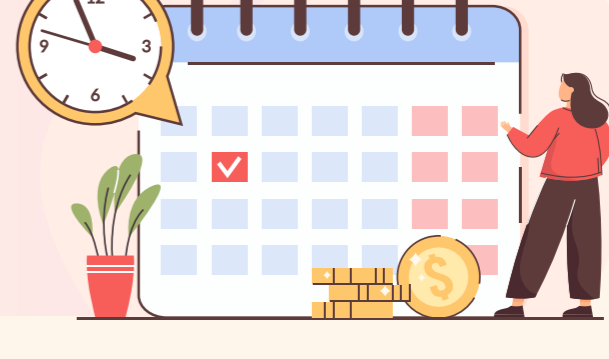
- The arrival of your new son or daughter is a time of great joy and excitement. **It is often a hectic time**, making it difficult to remember to pack everything you will need at the hospital.

Make use of **this checklist as a guide** to get ready for the big event.



When should I start packing my hospital bag for the birth?

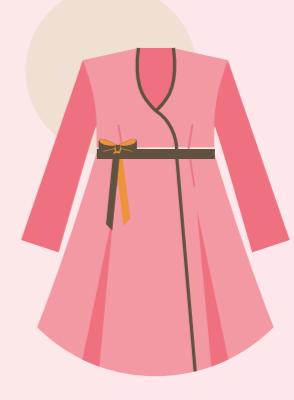
- You are free to begin packing whenever you want. However, **you should have your bag ready at least two weeks before your due date.**¹



What should I put in my hospital bag for labor?

• Pack the following items for yourself:²

- your birth plan, as well as your hospital notes
- something loose and comfortable to wear during labor that does not restrict movement or make you overheat
- 3 sets of loose, comfortable clothing
- 2 or 3 comfortable and supportive bras, including nursing bras if you intend to breastfeed – keep in mind that your breasts will be much larger than normal
- breast pads.
- 2 super-absorbent sanitary or maternity pads
- 5 or 6 pairs of knickers – you may want to bring some spares.
- your washbag with a toothbrush, a hairbrush, a flannel, soap, lip balm, deodorant, hair ties, and other toiletries.
- Towels
- books, magazines, music, or podcasts can all help you pass the time and relax.
- a fan or a water spray to keep you cool
- If you plan to breastfeed, wear front-opening or loose-fitting nightgowns or tops.
- slippers and a dressing gown
- healthy snacks and beverages



What should I pack for my new baby's hospital bag?²

• You might want to pack the following items for the baby:

- vests, bodysuits, and sleepsuits
- an outfit for going home in
- a hat, scratch mittens, socks, and booties
- a lot of nappies
- a blanket or shawl
- muslin bibs or squares
- a car seat for the trip home



What should my birth partner bring with them to the hospital?¹

- **Your birth partner may be in the hospital with you for an extended period of time, or even overnight, so they will need to pack a bag as well.**

They should consider packing:

- snacks
- cash
- a change of clothes
- a wash bag.
- Music list mum can listen to, if you're relaxing in the early stages.



TRANSPORT²

- ✓ Because you may need to go to the hospital at any time of day or night, **you should plan how you'll get there.**
- ✓ If you're going by car, make sure it's in good working order and that **there's always enough gas in the tank.**
- ✓ If someone else has said they'll take you, **have a backup plan just in case they don't show up.**

PREPARE YOURSELF.²

- ✓ You won't want to do much more than relax and care for your baby when you get home, **so plan ahead as much as you can.**
- ✓ If possible, stock up on essentials like toilet paper, sanitary towels, and **diapers ahead of time.**
- ✓ You might prepare some meals ahead of time and store them **if you have a freezer.**

REFERENCES

1. NCT. Hospital bag checklist: what do I need to take? Last reviewed in September 2018. Available at: <https://www.nct.org.uk/labour-birth/deciding-where-give-birth/giving-birth-hospital/hospital-bag-checklist-what-do-i-need-to-take>. Last accessed at: 20/02/2022.

2. NHS. Pack your bag for labour. Page last reviewed: 19 February 2021. Available at: <https://www.nhs.uk/pregnancy/labour-and-birth/preparing-for-the-birth/pack-your-bag-for-labour/>. Last accessed at: 20/02/2022.