



What to bring to the Hospital?

At around 32 weeks, it is time to pack your bag for your hospital stay. This is a list of items that we suggest you include which has been created by other mums with past experience.

For Mother

Clothes

- 4 nightdresses or pyjamas (light and cotton)
- Old / Cheap comfortable underwear (large)
- Maternity / Nursing bras (if breastfeeding)
- Going-home outfit (comfortable and large)

Toiletries*

- 2 Packets of maternity pads (thicker than ordinary sanitary pads)
- Nipple cream (if breastfeeding)
- Breast pads
- Shampoo / Conditioner
- Shower gel / Soap
- Toothbrush / Toothpaste
- Deodorant
- Moisturiser (Face & Hand / Body)
- Makeup

Accessories*

- Hair clip / Hair band / Hair brush
- Travel hairdryer
- Ear plugs
- Flip flops for shower
- Breast pads
- Breastfeeding Pillow
- Mobile phone & charger
- Towels - 2 bath, 1 hand (dark colours)

* Use travel size items if possible

Medication

- Arnica tablets for bruising
- Milpar or Duphalac (to prevent constipation - ask your doctor)
- Tea Tree Oil for healing

For Labour Ward

Outfit for mother

- 2 loose nightdresses for labour
- Dressing gown
- Slippers
- A pair of warm non-slip socks
- Disposable knickers

Outfit for baby

- Vest
- Babygro
- Cardigan
- Hat
- Nappy
- Scratch mitts

Comforts

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Lip balm <input type="checkbox"/> Facial spray or facecloth <input type="checkbox"/> Towel <input type="checkbox"/> Magazines / Books <input type="checkbox"/> CD / MP3 player (battery operated) | <ul style="list-style-type: none"> <input type="checkbox"/> Camera <input type="checkbox"/> Birth Plan <input type="checkbox"/> Glucose Sweets <input type="checkbox"/> Tens Machine (if using) |
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For Dad

- Mobile phone & charger
- Toothbrush / Toothpaste
- Camera / Camera charger
- Comfortable shoes
- Spare T-shirt
- Deodorant

For Baby

Clothes

- 2 baby hats
- 8 vests
- 8 babygros
- 1 or 2 cardigans
- Scratch mitts
- Bibs x 12
- Muslin Squares
- Flip Flops for shower

Toiletries

- Disposable nappies
- Nappy bags
- 2 Soft baby towels
- A baby sponge
- Cotton wool
- Nappy cream
- Baby nail clippers

Items for coming home

- Warm blanket
- An approved car seat
- All in one warm baby suit (depending on the time of year)

Other

- Mobile phone and charger
- Coins for shop
- Notebook and pen
- Bottle water with sports lid (to help you wash/heal down below)

Other
