



Mummy NUTRITION

Registered Dietitian

YOUR NO-NONSENSE GUIDE TO PREGNANCY & BEYOND

YOUR HOSPITAL BAG CHECKLIST

Visit mummynutrition.com/whats-in-my-hospital-bag/ for more information!

BABY'S BAG

Changing bag
Going home outfit – hat, vest & sleep suit
Blanket for the car seat for going home
Cotton pads – to wash your baby with
Nappy sacks
Nappies - 2 x 20 packs
Swaddling muslins for night time
Spare muslins
Hat for post birth
Short and long-sleeved vests and sleep-suits x 5

OPTIONAL

Water Wipes – may not be needed
Baby oil/nappy cream – may not be needed
Small soft toy - for a cute picture!

SNACK BAG

Selection of drinks & straws
Selection of snacks e.g. cereal bars, nuts

DADDY'S BAG

Underwear
Spare shirt/top
Contact lenses

ESSENTIAL EXTRA

Car Seat - as shown in my [baby essentials blog](#) post!

MUMMY'S BAG

Disposable breast pads
Clear toiletry bags
Nursing notes & birth plan – several copies!
Cosy socks & slippers
Hair bobbles & lip balm
Nipple balm if breast feeding
Nursing bra x 2 – if breast feeding
Several pairs of large black nickers
Maternity pads – 2 x packs at least
Light dressing gown – hospitals can be hot!
Face wash, flannel & moisturiser
Mouth wash & toothbrush
Dry shampoo & hair brush
Shower gel
Un-perfumed deodorant
Dark/button up PJ's/night dress
Comfy shirt & leggings for the day
Going home outfit inc. socks & shoes
Camera/film/phone/charger
Pen & paper

OPTIONAL

Tena lady pants
Refreshing face spray & makeup
Essential oils of choice & cloth to pop them on
Bikini – if planning a water birth
Flip flops – if planning a water birth
Eye mask for sleeping
Contact lenses
Memory book

OPTIONAL EXTRAS

Your own pillow
Nursing pillow
Battery powered diffuser
Battery powered tea-lights
Battery powered fairy lights
Wireless headphones & playlist