

My hospital bag checklist

Labour ward bag

- Comfy nightie for labour (front opening is best)
- Light dressing gown
- Flip flops (for the shower)
- Comfortable slippers
- Warm socks
- Toiletries
- Face cloth
- Shower cap
- Towel
- Gym ball (leave in car until needed)
- Ziplock bag with 2 nappies, babygrow and vest inside
- Spare underwear (2 or 3 pairs)
- Preferred music/docking station/portable speaker
- Snacks for you and support person
- Spare batteries (if using Tens machine)
- Massage oils e.g. lavender/electric essential oil diffuser (if desired)
- Change for parking or register through phone on parkingtag.ie
- Hand held fan (optional)

Notes:

Postnatal ward bag

For mum

- Night wear
- Supportive bra if breastfeeding
- Breast pads
- Maternity pads - at least 2 packs (not plastic backed). Have more at home which can be brought in
- Comfortable, high waisted, large fitting underwear - approx 10 pairs (disposable underwear can be very tight and tear easily)
- 2 towels - preferably not new and dark coloured
- Phone charger

For baby

- A packet of disposable nappies
- Baby wipes (suitable for newborn)
- 5 vests
- 5 babygrows
- Cardigan
- 2 towels

Discharge bag

The following should be brought in on your day of discharge for baby going home:

- Approved car seat
- Cardigan
- Warm outfit (depending on weather)
- Hat
- Blanket

