



Hospital Bag Checklist

Packed early, so it is one less thing

A calm, tickable list for you, your baby and whoever is coming with you, plus space for the personal things only you would remember.

HOW TO USE THIS PACK

- Pack from around 35 weeks, or earlier if your maternity team advises.
- Two smaller bags can be easier to carry than one large one.
- Keep maternity notes and essential paperwork easy to reach.

THIS PACK BELONGS TO

Name

Date started



For You

☐ Maternity notes and hospital paperwork

☐ Photo ID, if required, and phone charger

☐ Two loose nighties or a big T-shirt

☐ Dressing gown, slippers and warm socks

☐ Comfortable knickers

☐ Maternity pads

☐ Toiletries, lip balm and hair ties

☐ Water bottle and easy snacks

☐ Comfortable going-home clothes



For Your Baby

☐ Nappies and cotton wool or water wipes

☐ Vests and sleepsuits in a couple of sizes

☐ Muslins and a soft blanket

☐ Hat and coming-home outfit

☐ Car seat fitted and practised beforehand



Only You Would Remember

Something that helps me feel calm

Music or sounds I want with me

Who is coming with me, and their number

Who looks after other children or pets

Anything I need to tell the maternity team

What I want close by in the first hour