

What do I take to the hospital?

Labour bag

- **Green** Pregnancy Handheld **Records**
- Something to **wear** in labour e.g. large t shirt
- An **outfit** for **baby**- nappies, vest, baby grow, hat.
- **Money** for pay phone and drinks machines. Don't bring 1p's, 2p's and £2 as often machines do not take these.
- **Clean night wear** and **dressing gown**, maternity pads, paper pants, slippers for mum after labour
- **Toiletries** for mum: Soap, shower gel, shampoo, flannel/sponge, deodorant, toothbrush and toothpaste.
- **Squash** for Mum and Dad
- **Snacks** for Mum and Dad. .



Bag for postnatal ward



- Bag of nappies. New born size

- Cotton Wool



- Baby vests x 3



- Baby grow x 3

- Maternity sanitary towels & old or paper knickers



- Clean night wear

- Bra and breast pads

Remember your husband or family can bring other things in once you are in hospital.

Your family can **bring** in these things once you are in hospital:



- **Car seat**
- **Outfit** for you and the baby to go **home** in.
- A **coat** for you.



- **Blankets** for the baby.