



Pregnancy What Do I Need To Bring To Hospital

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Before your due date and with plenty of time, you will want to prepare a hospital bag with items that both you and your newborn baby will need. Here is what you should put in your hospital bag.



You need to pack the following items for yourself:

1. Medical record chart
2. Your dressing gown
3. Slippers
4. Old or disposable large panties
5. Maternity sanitary towels – four large packs
6. Comfortable bed wear: cotton nightdresses, old ones or even t-shirts are fine in the labour wards, or pyjamas if you prefer
7. Toiletries – whatever toiletries you normally use on a day to day basis, your wash bag, creams, soap, towels, facecloth, toothbrush, shower cap etc.

For your newborn baby, you should pack:

1. Baby towels
2. Four baby vests
3. Six baby grows
4. Bibs
5. A roll of cotton wool, cleansing lotion, Sudocrem, baby wipes
6. Disposable nappies – twenty four
7. A blanket for when you bring baby home
8. A baby seat for the car