

## Suggestions for Your Hospital Bag

Your Bag for Labour & Birth	Your Bag for Your Hospital Stay	Your Baby's Bag
<p>Maternity Notes            Relaxing Music            Small portable speaker for your device.            Earphones            Warm LED Lights            Positive Affirmations (laminated if possible)            High Energy Snacks for Mum &amp; Birthing Partner            High Energy Drinks for Mum &amp; Birthing Partner            A Loose Nightshirt/T-shirt for Birthing            TENS Machine            Hair tie            Lip Balm            Face Cloth/sponge            Night Gown            Slippers            Dark Coloured Towel            Front Opening Nightshirt /PJ's            Camera</p>	<p>Front opening PJ's/Night Shirts x 2            Support/Nursing Bra            Maternity Sanitary Pads            Breast pads            Warm Led Lights            Relaxing Music            Earphones            Disposable Pants            Flip-Flops for Shower            Toiletries            Hanging shower gel / shampoo            Dark-Coloured Towels x 2            Light Snacks            Clothes to Go Home In            Mobile-Phone Charger            Any Prescribed Medication            Notebook and Pen            Hair Dryer            Pack of Dettol wipes (for general quick clean of personal space)</p>	<p>6 x Baby grows (Front Opening)            6 x Vests            Cardigan            Hat            Newborn Nappies x 1 Pack            Baby towel            Bag of Cotton wool balls            Car Seat &amp; Blanket for day of going home.</p>

Department of Parent Education CWIUH

MS/CW V1 2021