

# Hospital Check List

This list is based on a two night stay in hospital

## For Baby

12 Stage 1 nappies

Wipes

Cotton wool

Vaseline

Antiseptic wipes

2 Newborn undergrows and sleepsuits

2 Up to 1 mth undergrows and sleepsuits

2 Going home sleepsuits in both sizes

Scratch mits

1 Pair of socks

Muslins and bibs

Cotton hat

Bottles and formula

1 Swaddles

Baby blanket

Baby car seat

## For Mummy

Pregnancy notes

TENS machine

Pillow

Waterproof mat for car/sofa

1 Pack of maternity pads

2 Pairs of disposable pants

3 Pairs breast pads

3 Pairs of pants

Flannels/ and or water spray

2 Nighties

Dressing gown

Flip-flops

Slippers

Eye mask and ear plugs

2 Nursing bras

Hair bands

Hair brush

Lip-balm

Oil for massage

Roller for massage

Hot water bottle

Rescue Remedy

Nipple Cream

Anusol

Arnica pills or cream (always check with midwife)

Ointment for perineum tears (My Expert Midwife's  
Spritz Your Bits)

Wash bag with shampoo, conditioner, shower gel,  
toothbrush, make-up remover etc

Make-up

Favourite energy snacks and drinks, with drinking  
straws

Camera

iPod / iPad and portable speakers

Charger

Handbag

Plastic bag to pack old clothes into

Going home outfit

Cash for carpark/shop