

Hospital Checklist

for the labour ward

Copy of your pregnancy record card (if available)
A night-dress or baggy T-shirt and socks
Water spray, damp flannel or sponge

for your baby

Baby's first car seat
24 disposable nappies – first size
2-3 one piece suits or nighties
2 pair scratch mittens
2-4 cotton bunny rugs

for you

2 nighties - with easy opening if you're going to breast feed
A light dressing gown and slippers
Toilet bag with your essential toiletries and tissues
2 dark bath towels
2 packs of disposable pants
2 dozen sanitary towels
Nursing pads
2 nursing or support bras