

Birth bag checklist

Our top tips for stress free packing

Top tip: Pack three small bags rather than one big one, so you can easily find things

Bag for birth

- HOSPITAL NOTES**
Keep these with you at all times during your third trimester

- NIGHTIES x2**
Buy buttoned front if breast feeding, one may get ruined, so you may prefer to use hospital gown

- BIKINI TOP**
If you want to use birth pool

- DRESSING GOWN OR HOODIE**

- FLIP FLOPS**
To wear on the ward and in the hospital shower

- YOUR OWN PILLOW**
Cosier than the plastic hospital variety

- YOUR OWN TOWEL**
If you prefer a larger/softer one

- HOT WATER BOTTLE**
Some find helpful in early labour

- TENS MACHINE**

- BIRTH BALL**
Check if your birth place has these available

- WATER BOTTLE WITH SPORTS TOP OR DRINKING STRAW**
Easy to sip and keep hydrated

- SMALL FAN**

- LIP BALM, HAIR TIES**

- PLAYLIST +/- SPEAKER**
Make sure it is charged

- HYPNOBIRTHING SOUNDTRACKS +/- HEADPHONES**
If applicable

- MAGAZINE/IPAD**
You may need to pass some time

- CASH FOR PARKING/TAXI**

- EYE MASK & EAR PLUGS**
You may be in a noisy ward

- FOOD/DRINKS**
Favourite snacks, flat/isotonic, energy drinks, concentrated squash

- BIRTH PARTNER**
Zip or buttoned top for skin to skin, comfy clothes, small pillow/blanket, toiletries

- CAMERA OR SECOND PHONE**

- REGULAR MEDICATIONS**

Bag for after birth

- MULTIPACK OF BIG PANTS**
High-waisted in case you have Caesarean/ abdominal birth, dark colour

- MATERNITY PADS OR TENA LADY PANTS**
Normal sanitary towels won't do!
May need 10 per day

- BREAST PADS**
Disposable or washable

- MATERNITY BRAS x2**

- BREASTFEEDING VEST TOPS OR ACCESSIBLE CLOTHING**

- SHAMPOO/SHOWER GEL/MOISTURISER/ LIP BALM**

- TOOTHBRUSH/TOOTHPASTE/HAIRBANDS/ HAIRBRUSH/HAIRDRYER**

- MAKE UP**
If you have the energy for it

- COMFY GOING HOME OUTFIT**

- PHONE CHARGER**

- CHANGE OF CLOTHES & TOILETRIES**

Bag for baby

Make labelled outfit packs in ziplock bags

- VESTS x5**

- HAT x2**

- BABY GROW x5**

- NEWBORN NAPPIES**
A newborn may use around 12 nappies per day

- SCRATCH MITS**
If not built in to babygrow

- CARDIGAN/SNOW SUIT**
Something warm to take baby home in

- BLANKET**

- MUSLINS x3**

- COTTON WOOL SQUARES**

- FORMULA & STERILISED BOTTLES IF BOTTLE FEEDING**

- CAR SEAT**
If applicable

Top tip: the HPHB tote bag is an ideal bag for baby



Looking for recommendations?

If you're looking for stress-free shopping, our team of HPHB experts and parents have put together an Amazon list where you can find recommendations for all the products on these lists.

Visit happyparentshappybaby.com/resources or point your phone camera at this QR code to link to the page.