

My hospital bag checklist

Labour ward bag

- ☐ Comfy nightie for labour (front opening is best)
- ☐ Light dressing gown
- ☐ Flip flops (for the shower)
- ☐ Comfortable slippers
- ☐ Warm socks
- ☐ Toiletries
- ☐ Face cloth
- ☐ Shower cap
- ☐ Bath towel
- ☐ Spare underwear (2 or 3 pairs)
- ☐ Ziplock bag with 2 nappies, babygrow, vest inside & wipes.
- ☐ Colostrum in cooler bag/container (if Harvesting)
- ☐ Snacks for you and support person
- ☐ Tens machine & spare batteries (if using any)
- ☐ Change for parking or register through phone on www.parking.ie

Additional things you may like to bring but not a requirement:

- ☐ Music/docking station/portable speaker
- ☐ Massage oils e.g. lavender/electric essential oil diffuser (if desired)
- ☐ Lip salve
- ☐ A copy of your birth preference
- ☐ Birth Affirmations
- ☐ Labour/Birthing Comb
- ☐ Ear plugs & eye mask (if spending the night on antenatal ward)
- ☐ Hand held fan
- ☐ Winner Flow Breathing Device (if using)

Postnatal ward bag

For mum

- ☐ Night wear (front buttoning is best for breastfeeding).
- ☐ Supportive bra if breastfeeding (avoid underwire bras). e.g colostrum silicon collector to express milk.
- ☐ Breast pads
- ☐ Maternity pads - at least 2 packs (not plastic backed). Have more at home which can be brought in.
- ☐ Comfortable, high waisted, large fitting underwear - approx 10 pairs.
- ☐ 2 towels - preferably not new, ideally dark coloured.
- ☐ Phone charger, note pad & pen
- ☐ Feeding pillow (if preferred)

For baby

- ☐ A packet of disposable nappies
- ☐ Cotton Wool/baby wipes (suitable for newborn)
- ☐ Approx 5 vests
- ☐ Approx 5 babygrows
- ☐ Cardigan
- ☐ 2 small towels for bathing/changing

Discharge bag

The following should be brought in on your day of discharge for baby going home:

- ☐ Approved car seat. For guidelines visit www.rsa.ie
- ☐ Cardigan
- ☐ Warm outfit (depending on weather)
- ☐ Hat
- ☐ Blanket

The NMH Provides yoga balls/peanut balls/birthing stools/heat packs.



The National Maternity Hospital