

# 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](http://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

## Items for Discharge

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

- Approved car seat. For guidelines visit [www.rsa.ie](http://www.rsa.ie)
- Cardigan
- Warm outfit (depending on weather)
- Hat
- Blanket

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

