

Hospital Bag Checklist for New Mums

A simple checklist to help you feel calm, prepared, and confident as you get ready to welcome your baby.

Tip: Try to have your bag packed by 36 weeks, so it's ready whenever your baby decides to arrive.

For Mum

- Maternity notes
- Birth plan
- Comfy nightwear (button-down tops work well)
- Lightweight dressing gown
- Maternity pads (20+ recommended)
- Big comfy knickers or disposables
- Slippers or non-slip socks
- Toiletries
 - Toothbrush & toothpaste
 - Wipes
 - Lip balm
 - Any daily essentials
- Reusable water bottle (with a straw if possible)
- Snacks for labour and after birth
- Phone
- Long charging cable or power bank
- Going-home outfit (soft, stretchy, nursing-friendly)

For Baby

- Sleepsuits (3-4)
- Vests (3-4)
- Hat
- Scratch mittens
- Muslins (2-3)
- Baby blanket
- Newborn nappies (10-12 per day)
- Sensitive wipes or cotton wool
- Going-home outfit
- Car seat installed and ready

Optional Comfort Items

- Lip balm or facial mist
- Headphones or calming music
- Favourite pillow from home
- Nursing pillow
- Journal or notebook

Just a Little Reminder

Your hospital bag doesn't need to be perfect. Being prepared is about comfort, not pressure.

Those first days with your baby will pass in a beautiful blur. If you'd love to capture them forever, I'd be honored to photograph your newborn session in my warm, welcoming Hatfield studio.

With love,

Megan

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