

HOSPITAL CHECKLIST

FOR DURING LABOUR

- MATERNITY NOTES
- BIRTH PREFERENCE DOCUMENT
- NIGHTDRESSES / BIG T-SHIRTS
- SOCKS
- SLIPPERS
- LIGHT WEIGHT DRESSING GOWN
- DRINKS AND SNACKS
- BOOKS, IPAD, OTHER ENTERTAINMENT
- A DARK FLANNEL
- HANDHELD FAN
- LIP BALM
- AN EXTRA PILLOW
- MONEY FOR CAR PARK OR TAXI
- PHONE AND CHARGER
- TOOTHBRUSH AND TOOTHPASTE
- SHOWER GEL AND SHAMPOO
- HAIR BRUSH AND HAIR BAND
- MATERNITY PADS
- MASSAGE OIL
- BIRTH BALL
- SPEAKER FOR MUSIC
- BATTERY-POWERED CANDLES
- TENS MACHINE
- BIRTH PARTNER!

FOR AFTER BIRTH

- FRONT OPENING NIGHTDRESSES
- COMFY UNDIES
- DISPOSABLE PANTS
- MATERNITY PADS
- NURSING BRA
- BREAST PADS
- NIPPLE CREAM
- LOOSE CLOTHING
- COMFY SHOES
- NEWBORN BODYSUITS OR VESTS
- NEWBORN SLEEP SUITS
- SCRATCH MITTENS
- A HAT FOR BABY
- HEADPHONES
- MUSLINS
- BABYGROWS
- NEWBORN NAPPIES
- COTTON WOOL
- BABY BLANKET
- COMING HOME OUTFIT FOR BABY
- CAR SEAT
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