



Your hospital-bag checklist

A useful starting point. Confirm your hospital's own list.

Documents & practical things

- ☐ Hospital documents and pregnancy records
- ☐ Identification, payment / insurance details
- ☐ Phone, charger and important contact numbers

For me

- ☐ Comfortable clothes and footwear
- ☐ Toiletries and a towel
- ☐ Maternity pads and underwear
- ☐ My prescribed medicines, as advised

For baby & going home

- ☐ Baby clothes, nappies and a blanket
- ☐ A change of clothes for going home
- ☐ Transport and a support person arranged

A practical planning sheet. Follow your own clinician's advice.