Happamama

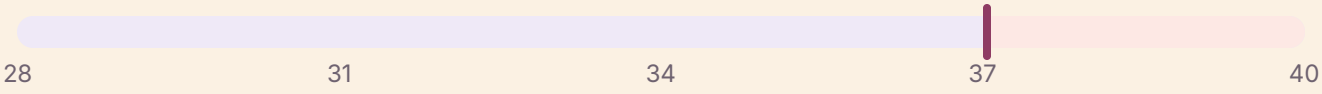
Hospital bag checklist

The NHS suggests packing at least 3 weeks before your due date, in case your baby comes early.

For you

- [ ] Birth plan and hospital notes
- [ ] Loose, comfortable clothes for labour
- [ ] Dressing gown and slippers or flip-flops
- [ ] Nightwear (front-opening if breastfeeding)
- [ ] 3 changes of comfortable clothes
- [ ] Socks
- [ ] 5 or 6 pairs of knickers
- [ ] 2 or 3 comfortable or nursing bras
- [ ] Breast pads
- [ ] 2 packs of maternity pads
- [ ] Wash bag: toothbrush, toothpaste, hairbrush, soap, lip balm, deodorant, hair bands
- [ ] Eye mask
- [ ] Towels
- [ ] Your own pillow
- [ ] Snacks, drinks and a water bottle with a straw
- [ ] Fan or water spray
- [ ] Any medicines you take
- [ ] TENS machine and spare batteries
- [ ] Book, podcasts or a playlist
- [ ] Phone and a long charging cable or power bank
- [ ] Spare glasses or contact lenses
- [ ] Spare bag for washing

When to pack



Packed by week 37: at least 3 weeks before a week-40 due date.

For your baby

- [ ] Bodysuits, vests and sleepsuits
- [ ] An outfit for going home
- [ ] Hat, scratch mittens, socks or booties
- [ ] Snowsuit if it's cold
- [ ] Nappies (diapers)
- [ ] Cotton wool or wipes
- [ ] Muslin squares
- [ ] Car seat for the trip home
- [ ] Blanket or shawl

For your birth partner

- [ ] Change of clothes
- [ ] Toothbrush, toothpaste, deodorant
- [ ] Phone and charger
- [ ] Camera
- [ ] Snacks and drinks
- [ ] Swimwear for a birth pool
- [ ] Any medicines they take
- [ ] Spare glasses or contacts
- [ ] Change for parking and vending machines

Ask your hospital

- [ ] Which ID and insurance documents to bring
- [ ] What they provide for you and the baby
- [ ] Where to park and which entrance to use at night

List based on NHS "Hospital bag checklist: what to pack for you and your baby", checked November 2026. The last box is ours.