

What to pack...

DRIBBLE

A LIFESTYLE BLOG FOR
THE MODERN MUM



...in your
Hospital Bag

For me (pre-birth/labour):

- Birthing Plan notes (couple of printed copies)
- Dressing gown
- Comfortable nighty for during labour (and bikini top for if I manage to have a water birth)
- 5 pairs of knickers (ones that I'm not worried about ruining)
- Slippers / Socks
- Hair bands (to tie up my hair during labour)
- Lip-balm / Moisturiser
- Massage oil (so hubby can massage my lower back during labour)
- Toiletries, toothbrush and hair-brush
- Music / Hypno-birthing CD
- iPad and magazines (to distract me during labour)
- Snacks (something I enjoy to get me through labour if I'm allowed)

For me (after labour):

- **Nightly for after labour**
- **Knickers (ones that I'm not worried about ruining)**
- **Going home outfit (something comfortable)**
- **Nursing bra**
- **Breast pads**
- **Sanitary towels (thick)**
- **Small bottle of Prosecco (to toast our arrival - if allowed!)**

For hubby:

- **Change of clothes (in case he ends up staying overnight)**
- **Toothbrush**
- **Camera (fully charged)**
- **Mobile phone & charger**
- **Snacks & drinks**
- **Facial spray and/or handheld fan (for me when in labour and hot!)**

For baby:

- **2 sleepsuits**
- **3 vests**
- **Socks / Booties**
- **Hat**
- **Baby blanket**
- **Muslin**
- **Outfit for way home**
- **Nappies**

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