

What to take to Hospital?

We have compiled an extensive list of 'must haves' from the experts themselves: mothers! We have broken our list up into 'For Labour' and 'For Hospital' for your convenience as many things you may require while you are in labour may merely take up extra space during your hospital stay.

For Labour

- Your birth plan
- Antenatal record
- Copies of birth positions
- Notebook and pen (to record the contractions, exact birth time, weather etc)
- An old nightshirt or T-Shirt (unless you would prefer the old gaping hospital nighties)
- Dressing gown
- Slippers
- Hair bands
- Socks (your feet may get cold during labour, especially if you have an epidural)
- Massage lotions (you may prefer unscented so that your child will smell only your scent when born)
- Massager (a tennis ball or rolling pin, seriously! Or you may find your partners hand more comforting)
- Moisturiser (again unscented may be your first choice)
- Lip balm (A must during all that panting and blowing!)
- Snacks and drinks (don't forget about your support person, unless you don't mind them leaving 5 minutes before you start pushing to go and get a snack!)
- A watch with a second hand to time the contractions
- Digital camera and video camera (don't forget the chargers)
- Item or pictures of someone or something you love (to keep you focused)

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- Toiletries (toothpaste and mouthwash will make you feel instantly refreshed)
- Water spray (to cool you down)
- Music (ensure you check whether your birthing facility has a CD player before you start
- burning your favourite tracks to CD)
- Relaxation materials (books, puzzles, games, you just never know!)
- Change of clothes (one for your birth partner is also advisable)
- Towel (a nice soft one from home is going to feel much nicer on your skin than scratchy hospital ones that are washed 30 times a week.)
- Hair Dryer (again you never know!)
- Change for the vending machine
- Presents from the baby to any siblings (to counter any natural negative feelings towards the new baby)
- Baby blanket (would you rather be wrapped in a nice soft new blanket or a scratchy hospital one?)
- Baby's first outfit (keep in mind most hospitals do not bathe new babies until a day or more after birth)
- Essential Oils (check whether this is allowed at your chosen hospital, some birthing suites may have their own burner suitable for their regulations)
- Wheat pack (again check with your hospital as some do not allow these unless they are used cold)
- Glucose sweets for energy
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This may seem like an exhaustive list but we hope it gives you a good idea of what you may need, simply cross off anything you will not require and add on anything we have forgotten!

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For you in hospital

- Address book (plus lots of change for the phone or a fully charged mobile phone)
- Notepad and pen (to note those first amazing moments with your new baby)
- Ear plugs (in case you end up in a noisy ward)
- A surplus of cheap knickers (always buy a size above what you need as maternity pads are very bulky)
- Comfort Items from home (pillow,blanket etc)
- Dressing gown
- Slippers
- Nighties or Pyjamas x 2 (if breastfeeding button down styles are most convenient)
- Socks (non slip socks are best)
- Toiletries (whatever you need to make yourself feel refreshed)
- Day clothes (if you would rather not wear pyjamas all day than ensure your clothes are comfortable and have easy access if you will be breastfeeding)
- Nipple cream
- Soft toilet paper/tissues
- Breast pads and Sanitary Pads (your hospital may provide these)
- Magazines or a puzzle book
- Metamucil and Ural sachets (doesn't hurt to be prepared)
- Ipod or MP3 player
- Snacks to nibble on throughout the day
- Squeezy bottle (fill with warm water and use when going to the toilet to relieve discomfort on stitches, can be a life saver!)
- Going home outfit (remember this may well be on video so choose carefully)
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For baby in hospital

- Baby blanket
- Wraps (muslins if hot, fleece if chilly)
- Soft towel
- Nappies (check if your hospital provides these)
- Baby wipes (check if your hospital provides these)
- Bath Oil (again check with your hospital as they may provide this for baby's first bath)
- Baby moisturiser
- Two pairs of booties
- Hat
- Jacket (for winter)
- Socks
- All in one outfits (1 per day in hospital + 1 spare)
- Singlets (1 per day in hospital + 1 spare)
- Nail scissors (sometimes baby nails can be quite long and sharp, not the nicest when feeding!)
- Going home outfit
- Car seat installed correctly
- Newborn size dummy
- Baby book or guest book
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