

# What to pack for hospital for the birth

Here is a list of suggestions for what to pack for hospital, as written by an ECHO mum:

## FOR BABY

- Baby bag
- Nappies
- Cotton wool for nappy changing
- Vests
- Muslins
- Comforters (sleep with them in advance to get your scent on them too)
- Babygrows: button down baby grows are useful for hospital life - [here's a list of where to buy them](#)
- Hats
- Socks, for their hands or feet to keep the sats probe in place! - baby mittens often too big
- Blankets to help it feel personal
- Dummies - particularly encouraged with heart babies
- Toys/cuddlies/decorations or bunting to make the cot feel more personal
- Your own white noise toy/machine for baby to familiarise and to continue at home
- Bottles if you plan to express or bottle feed
- Your own expressing machine can be useful for extended stays in hospital

## FOR YOU

- Nice toiletries - the bath or shower after labour is amazing!!
- Lip balm & hand cream, get very dry
- Comfortable clothes - but bear in mind hospitals are HOT! Feeding friendly too if you plan to breastfeed or express
- Nipple cream
- Painkillers (although immediately post-birth these will be administered by the midwife team)
- Breast pads
- Maternity pads
- Snacks
- Travel mug with lid
- Water bottle
- Your own pillow
- iPad/tablet
- Your phone
- Long phone chargers for the above (longer ones work best in hospital)
- Book/puzzle book/little project to pass the time, especially if you're being induced as can be a long process... and afterwards, newborns sleep a lot!! Knitting or similar activity can be a good way to pass the time.
- Notepad to take notes on Doctors rounds, or write down questions you think of... Or to keep a journal.

