

Hospital bag guide

What to bring for your hospital stay - covering essentials for you, your baby and your support person.

As your due date approaches, it is natural to start thinking about what to bring with you for your stay. To help you feel prepared and relaxed when the time comes, we have put together a comprehensive guide to ensure that you are all set for the journey ahead.

Please do not worry if you forget anything - we can provide majority of the essentials listed below and we will be here to support you throughout your stay.

For you:

- maternity notes
- 2-3 sets of comfortable nightwear (a front opening option is ideal for skin to skin or breastfeeding)
- dressing gown
- bedroom slippers
- loose and comfortable clothing for your stay and going home
- maternity bra, breast pads and feeding pillow
- warm socks - feet often get cold during labour
- sanitary towels and disposable underwear (we will have plenty available, but you are welcome to bring your own if you prefer)
- toiletries (including flannel, toothbrush, toothpaste, hairbrush, hairband, lip balm, cooling spray)
- any prescribed medication, including inhalers

For baby:

- clothes for intended length of stay, appropriate for weather conditions (baby vests, baby sleep suits, hats)
- muslin squares
- scratch mittens/socks
- blanket or shawl
- nappies (we provide these on the ward, but you are welcome to bring your preferred brand)
- formula milk - if you choose to bottle feed. Please buy the starter pack of ready-made liquid formula, if you plan to bottle feed, as we do not have facilities for making up

powdered milk. Within the ward we offer SMA, Aptamil and Cow & Gate. If you wish to use another brand, please bring this with you.

- car seat (please ensure you can correctly fit this in advance)

For your support person:

- clothes/ nightwear for intended length of stay
- toiletries

Please note partners meals and drinks are included.

Please feel free to bring anything that will make you feel at ease, whether it's a favourite book, or music, including a portable speaker to create the perfect atmosphere.

We recommend bringing your favourite snacks and drinks to keep you energised during labour or while recovering after the birth.

While we advise leaving valuables at home, we do provide a room safe to keep your belongings secure.

If you have any questions, please contact us on **+44 (0)20 3312 2535**.