

HOSPITAL BAG CHECKLIST DURING COVID19

MOM

- Flip Flops (so you can dispose of them afterwards)
- Button down nightie or pyjamas, or loose clothing. Make sure to pack enough for your stay
- Disposable pants
- Maxi Pads
- Your own pillow for comfort. However, in some hospitals you may not be allowed to take these in (please check with your hospital)
- Laundry bag to keep your worn clothes separate
- Comfy socks
- Dark towels
- Going home outfit that is cosy and comfortable
- Car pillow for going home especially after a c section
- Plenty of snacks, water/and or energy drinks for your whole stay as the hospital shop may be closed. Plus, your partner will not have the same access to the wards
- Portable Suitcase for ease of movement. Plus, you can spray with sanitiser when you get home

TOILETRIES

- Plenty of Hand Sanitiser made to WHO guidelines with 70% alcohol
- Milton or Dettol wipes
- Shampoo
- Toothpaste and Toothbrush
- Contact lens and solution
- Hairbrush
- Makeup, moisturiser, cleansing oils
- Lip cream especially for in the birthing room
- Hairband or hair ties to prevent you from touching your face
- Deodorant
- Lanolin Nipple Cream/nipple shields
- Aromatherapy oils
- Herbal Teas of choice

- Leave your toilet bags at home, and use Ziplock bags to keep everything, separate, organised and clean which you can dump when you get home
- Constipation Medicine (just in case)
- Water spray for the birthing room
- Hand Cream

BABY

- Nappies and nappy cream
- Wipes
- Baby grows/vests/hats/scratch mittens, packed in separate zip-lock bags so you or nurses don't have to go looking for everything or touching other clothes in the baby bag
- Your own baby towel for receiving baby
- Baby blankets/swaddles/muslins
- Going home outfit
- Cotton wool to clean the baby's eyes
- Car Seat – become familiar with it before you go in as your partner may not be allowed into the ward at this stage

EXTRAS

- Phone, and phone charger
- Camera
- Small tripod for video, for calling loved ones allowing you to hold the baby safely when alone
- Birth Plan, with playlist and headphones
- Pen
- List of who to call
- Books or magazine downloaded to an electronic device so that it can be wiped down and cleaned
- Gift for Kids at home
- White noise or Tens machine
- Note or gift for Nurses or Midwives