Hospital bag checklist

You. Baby. The person supporting you.

A planning aid, not a medical checklist. Read the linked guides for context and follow your individual care plan.

For you

- ☐ Maternity notes or instructions for accessing them
- ☐ Birth preferences
- ☐ Any medicines you take
- ☐ Comfortable clothing and underwear
- ☐ Maternity pads and toiletries
- ☐ Something suitable for feeding, if needed
- ☐ Phone charger
- ☐ Water bottle and a few snacks

For support

- ☐ Own charger and food
- ☐ Spare clothes and any medicines
- ☐ Maternity unit number and entrance information
- ☐ Travel plan
- ☐ Who will contact family

For baby

- ☐ Nappies
- ☐ A few simple baby outfits
- ☐ Wiping supplies and muslins
- ☐ First outfit kept together
- ☐ If travelling by car, have a suitable rear-facing infant seat fitted according to its instructions and practice using it before you need it.

Add before leaving

Some items are still in everyday use: your phone, glasses, charger or medicines.

Your maternity team's advice comes first

Ask your maternity team what you should bring and what the unit provides. This is a practical starting list. Follow any individual instructions for your birth, medicines, feeding plan or hospital stay.

Full guide

getnovababy.com/parents/hospital-bag/

Sources: NHS Best Start in Life / NHS / NHS Healthier Together
UK guidance / Sources checked 1 November 2026
Not independently reviewed by a clinician. Full source details are in each linked guide.