

Hospital bag checklist uk pdf

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(enough for staff on different shifts can get one) Your insurance card. Several nightdresses or t-shirts. cereal bars and isotonic drinks) Other hospital paperwork. (to keep you cool) Snacks and isotonic drinks For Mum: Your green notes Your birth preference list Old nightdress/ t-shirt to wear in labour Nightdress pyjamas for after baby is born Dressing Gown Slippers flipflops Big knickers (old/cheap/disposable) Comfortable bra Maternity Pads (large pack) Toiletries – Shampoo, shower gel, deodorant, toothbrush, toothpaste, face wipes Towel HOSPITAL BAG CHECKLIST LABOUR ESSENTIALS Toiletries Mobile phone and charger Maternity medical notes Birth plan Nightie or t-shirt to give birth in and one for after the birth Socks to keep your feet warm during labour Birth aids TENS machine, birth ball, massage oil) Drinks and snacks for energy (e.g. Copies of your Birth Plan. Lip balm. Nursing bras. Your Your hospital bag checklist: what you should pack for labour. It will probably get a bit HOSPITAL BAG CHECKLIST LABOUR ESSENTIALS Toiletries Mobile phone and charger Maternity medical notes Birth plan Nightie or t-shirt to give birth in and one for after the HOSPITAL BAG CHECKLIST FOR MUM Comfortable clothing loose t-shirts or nightshirts/nighties (front opening for breastfeeding) plus dressing gown Sliders or flip Download hospital bag checklist (OpenOffice Document, KB) Find out what to pack in your bag ready for labour and birth, including essentials for you and the baby, plus suggestions for your birth partner, if you have one Here's *exactly* what to pack in your hospital bag, what *not* to pack, and a [FREE] a hospital bag checklist printable PDF Here's a list of items to pack in your labour bag: Birth plan and maternity notes. (2 packs) Disposable pants. (or ones you're Important Documents. Your "Who to Call" list. (2 or 3) Breast pads. A lightweight dressing gown. Here's a list of items to pack in your after birth bag: Loose and comfortable clothes. An old nightdress or T-shirt to wear in labour. Water spray or sponge. Slippers, socks or flip flops. Maternity pads. Your birth plan and maternity notes.

 Difficulté Difficile

 Durée 308 jour(s)

 Catégories Vêtement & Accessoire, Électronique, Mobilier, Recyclage & Upcycling, Robotique

 Coût 901 EUR (€)

Sommaire

Étape 1 -

Matériaux

Outils

Étape 1 -
