

FOR YOU



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|---|--|
| <input type="checkbox"/> Dressing gown | <input type="checkbox"/> Handheld fan |
| <input type="checkbox"/> Slippers (ones that are easy to get on) | <input type="checkbox"/> Bendy straws |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Tech chargers (phone) |
| <input type="checkbox"/> Old night dress for labour | <input type="checkbox"/> Going home outfit |
| <input type="checkbox"/> Spare night dress | <input type="checkbox"/> Nursing bras |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Breast pads |
| <input type="checkbox"/> Snacks and drinks (glucose tablets) | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Books, magazines and iPad | <input type="checkbox"/> Towels |
| <input type="checkbox"/> Hair ties | <input type="checkbox"/> Old underwear |
| <input type="checkbox"/> Pillows – a V shaped pillow is very useful | <input type="checkbox"/> Eye mask |
| <input type="checkbox"/> Music | <input type="checkbox"/> Ear plugs |
| <input type="checkbox"/> Water spray | <input type="checkbox"/> Empty bag (you will bring home gifts etc) |

FOR YOUR BABY

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| <input type="checkbox"/> 5 x baby grows | <input type="checkbox"/> 3 x hats |
| <input type="checkbox"/> 5 x vests | <input type="checkbox"/> Baby car seat |
| <input type="checkbox"/> Baby blanket | <input type="checkbox"/> Jacket or snowsuit |
| <input type="checkbox"/> Nappies (12 per day) | <input type="checkbox"/> Gloves |
| <input type="checkbox"/> Muslin squares | |

