

Maternity Services



What to bring with you

Have your bags ready! Only 5% of babies actually come on their due date, so it is always a good idea to have your bags packed and ready to go.

Although it is tempting to bring everything including the kitchen sink to the hospital, in reality you don't really need very much.

Below is a list to get you started:

For you

- Old nightshirt or T-shirt for labour nightwear
- Lightweight dressing gown
- Slippers
- Big knickers / disposable knickers
- Nursing bras
- Wash kit
- Towel
- Sanitary pads - extra absorbent, not tampons
- Clothes to wear on the ward and for going home - loose clothing such as tracksuit trousers and t-shirts
- Any medications that you usually take
- Snacks for you and your partner

For your baby

- Nappies
- Cotton wool (not baby wipes)
- Vests (4)
- Clothes (4 sets)
- Hat
- Mittens
- Shawl / blanket
- Car seat / pram - to take the baby home, all babies must be in a secure carrier to go home
- If you are going to bottle feed, please bring in the milk and bottles that you wish to use