

Hospital / Transfer Bag Checklist

Even when you are planning a homebirth, it is useful to have a simple hospital bag packed and ready, just in case you choose or need to transfer. This list is based on the practical things we regularly suggest having to hand.

What to pack

For you - labour ☐ Hospital notes ☐ Birth preferences ☐ Nightdress or pyjamas (front-opening is ideal) ☐ Comfortable clothes to labour in ☐ Flip flops ☐ Dressing gown ☐ Socks ☐ Labour snacks: high energy food - bananas, cereal bars, honey ☐ After-birth snacks: protein bars or flapjacks ☐ Water bottle with a spout ☐ Lip balm ☐ Hair ties or clips ☐ Cooling spray or facial mist ☐ Phone + long charger cable ☐ Tissues or wipes ☐ Your own pillow ☐ Face cloths ☐ Portable fan (optional) ☐ TENS machine, if using	For you - after birth ☐ Maternity pads or maternity pants ☐ Front-opening nightshirt or pyjamas ☐ Toiletries ☐ Toothbrush + toothpaste ☐ Hairbrush ☐ Dark towel ☐ Big cotton pants ☐ Comfortable clothes for going home ☐ Breast pads
For your partner ☐ Phone + charger ☐ Toiletries + deodorant ☐ Change of clothes ☐ Pillow + thin blanket ☐ Tablet or entertainment ☐ Swimwear, if you may use a pool ☐ Snacks ☐ Water + reusable bottle ☐ Parking app or coins	For baby ☐ Nappies (approximately 6 per day) ☐ Muslin squares (3-4) ☐ Going-home outfit ☐ Spare outfit ☐ Blanket or shawl ☐ Warm suit or jacket for a winter baby ☐ Hat for going home ☐ Cotton wool or water wipes ☐ Nappy sacks ☐ Car seat (this can be brought later)

Keep these out until the last minute

Things you are still using	Phone, charger, maternity notes, birth preferences, toiletries, water bottle, pillow and any fresh food can be added as you leave.
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For a planned homebirth

You may never need this bag, but having it ready means there is one less thing to think about if plans change. Keep it somewhere obvious and make sure your birth partner knows where it is.