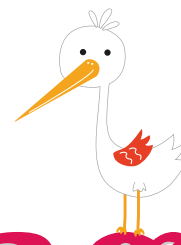


STICK ME ON YOUR FRIDGE!



Your hospital bag checklist



NEED TO KNOW!

- Important phone numbers
- Where my hospital bag is
- How we plan to get to hospital

Here's everything you need for labour, birth and afterwards. It's best to have your bag packed four to six weeks before your due date, so you're ready when baby decides to make an entrance!

Labour can take a while so keep your strength up



FOR ME DURING LABOUR

	Already have	Need to buy
Birth plan and medical notes	<input type="checkbox"/>	<input type="checkbox"/>
TENS machine for pain relief	<input type="checkbox"/>	<input type="checkbox"/>
Old T-shirt or nightie	<input type="checkbox"/>	<input type="checkbox"/>
Bottle of water	<input type="checkbox"/>	<input type="checkbox"/>
Hair ties and hairbrush	<input type="checkbox"/>	<input type="checkbox"/>
Energy-boosting snacks	<input type="checkbox"/>	<input type="checkbox"/>
Water spray or hand-held fan	<input type="checkbox"/>	<input type="checkbox"/>
Socks or slippers	<input type="checkbox"/>	<input type="checkbox"/>

FOR ME AFTER THE BIRTH

	Already have	Need to buy
Maternity towels	<input type="checkbox"/>	<input type="checkbox"/>
Disposable or old knickers	<input type="checkbox"/>	<input type="checkbox"/>
Two nursing bras	<input type="checkbox"/>	<input type="checkbox"/>
Breast pads	<input type="checkbox"/>	<input type="checkbox"/>
Nipple cream	<input type="checkbox"/>	<input type="checkbox"/>
Towel, fresh nightie and robe	<input type="checkbox"/>	<input type="checkbox"/>
Slippers or flipflops	<input type="checkbox"/>	<input type="checkbox"/>
Eye mask and ear plugs	<input type="checkbox"/>	<input type="checkbox"/>
Toiletries and make-up	<input type="checkbox"/>	<input type="checkbox"/>
Camera	<input type="checkbox"/>	<input type="checkbox"/>
Mobile phone and charger	<input type="checkbox"/>	<input type="checkbox"/>
Comfy going home outfit	<input type="checkbox"/>	<input type="checkbox"/>

FOR BABY

	Already have	Need to buy
Pack of newborn nappies	<input type="checkbox"/>	<input type="checkbox"/>
Soft muslin squares	<input type="checkbox"/>	<input type="checkbox"/>
Nappy cream	<input type="checkbox"/>	<input type="checkbox"/>
Nappy sacks	<input type="checkbox"/>	<input type="checkbox"/>
Cotton wool or baby wipes	<input type="checkbox"/>	<input type="checkbox"/>
Soft baby towel	<input type="checkbox"/>	<input type="checkbox"/>
Hat, mittens and socks	<input type="checkbox"/>	<input type="checkbox"/>
Three or four sleepsuits	<input type="checkbox"/>	<input type="checkbox"/>
Three or four vests	<input type="checkbox"/>	<input type="checkbox"/>
Going-home outfit or pramsuit	<input type="checkbox"/>	<input type="checkbox"/>
Cosy blanket	<input type="checkbox"/>	<input type="checkbox"/>
Car seat (Group 0+ and ISOFIX base)	<input type="checkbox"/>	<input type="checkbox"/>

Many new mums swear by it!

Great for cooling you down



FOR DAD/BIRTH PARTNER

	Already have	Need to buy
Magazines or newspaper	<input type="checkbox"/>	<input type="checkbox"/>
Kindle	<input type="checkbox"/>	<input type="checkbox"/>
Camera/camcorder and charger/ spare batteries	<input type="checkbox"/>	<input type="checkbox"/>
Phone and charger	<input type="checkbox"/>	<input type="checkbox"/>
Music	<input type="checkbox"/>	<input type="checkbox"/>
Snacks and drinks	<input type="checkbox"/>	<input type="checkbox"/>
Contraction timing app on phone	<input type="checkbox"/>	<input type="checkbox"/>
Change for car park/ vending machine	<input type="checkbox"/>	<input type="checkbox"/>

One thing you don't want to worry about



OTHER BITS AND PIECES

	Already have	Need to buy
Contact lenses or glasses	<input type="checkbox"/>	<input type="checkbox"/>
Flannel or sponge	<input type="checkbox"/>	<input type="checkbox"/>
Lip balm	<input type="checkbox"/>	<input type="checkbox"/>
Disposable bags	<input type="checkbox"/>	<input type="checkbox"/>
Hot water bottle	<input type="checkbox"/>	<input type="checkbox"/>
Support pillow	<input type="checkbox"/>	<input type="checkbox"/>

Mums' must-pack item!



Perfect for getting comfy when feeding



TESCO LOVES BABY TOP TIPS

- Don't worry if you forget something important. The hospital can usually provide it, or a visitor can bring it in for you.
- Do make sure your birth partner checks in advance for roadworks or potential disruptions on your hospital route.
- If you think you've over-packed, leave non-essential or larger items in the car boot. Your partner can always pop out to get them for you later.
- Remember you can find everything you need for your hospital bag at Tesco!

Useful for everything, from wiping up spills to burping



You must have one if you're taking your baby home by car



babyclub

Join the Club! From bump to toddler, you'll find great savings, expert advice, fantastic prize draws and more at [tesco.com/babyclub](https://www.tesco.com/babyclub)

