Mother's Hospital Bag

Bag 1 Pre-Labour and Labour items	Packed and ready
Camera, film or memory chip, batteries	
Mobile phone	
Charger for mobile	
Cash for parking, payphones, cafe and shops	
Credit cards	
Maternity notes and birth plan	
Old T-shirt	
Pyjamas	
Socks	
Dressing gown	
Slippers	
TENS machine	
Magazines	
Newspapers	
Snacks	
Soft drinks	
Bottled water	
2 x baby vests	
2 x baby sleepsuits	
Nappies	
Lip balm	
Small hand held mirror (for viewing crowning heads of babies)	
Spare pillow or two	

Free download from www.TwinTimes.com
©Luke Cunliffe 2008

Bag 2 Post-Labour items	**Packed and ready**
2 x front-opening nightdresses	
Breast pads	
Nipple cream	
Disposable pants	
Maternity towels	
Toilet bag – toothbrush, toothpaste, flannel, soap, moisturiser and make-up	
Towel	
Breastfeeding bras	
Ear plugs	
Arnica tablets	
Day clothes for during the day and for going home	
Bag 3 Post-Labour twins items	**Packed and ready**
Newborn nappies	
Nappy sacks	
6 x sleepsuits	
6 x vests	
Muslin cloths	
Nappy cream	
Cotton wool or baby wipes	
2 x cellular blankets	
2 x sets of warm clothes for going home	
2 x hats	
2 x car seats	

Free download from www.TwinTimes.com
©Luke Cunliffe 2008