

Hospital bag for mums

LABOUR & DELIVERY

01

HOSPITAL FILE

For quick access to your medical history and records.

02

DRESSING GOWN

A soft comfy dressing gown for walking around the hospital wards.

03

SOCKS

Take some cosy socks to help keep your feet warm.

04

SLIPPERS & FLIP FLOP

Pack some flip-flops for use in the bathroom.

05

MASSAGE OIL

Don't forget your massage oil, it might come in handy during labour.

What's your most essential item?