

Pregnancy



NUTRITION PROGRAM

What to pack in your hospital bag

Time to think about what to pack for your new child — including that special going-home outfit — and for yourself, as well as what you might need for breastfeeding.

1 min
to read

My hospital bag checklist: What to pack for breastfeeding

- **YOURSELF!** While you're busy packing clothes for you both and thinking about the birth, your awesome body will soon be instinctively preparing perfectly balanced, tailor-made milk to nourish and protect your child. Without you having to do a thing, your breasts will begin to start making colostrum (and later mature milk) that contains exactly the right amount of calories, protein, and antibodies to help your new son or daughter thrive. When it comes to feeding, all your child needs is you.
- You might also think about packing these five extra items:
 1. Clothes that allow quick and easy access to your breasts for feeding
 2. A nursing bra
 3. Your own feeding cushion or pillow
 4. Burping cloths (sometimes called muslins)
 5. Contact details of a lactation consultant or breastfeeding support service in case you don't get the hang of breastfeeding straightaway.

- **Birth plan and medical information** Make sure you have all necessary personal details at hand.
- **Dressing gown, slippers, and socks** Essentials for ensuring you're comfortable moving around the hospital.
- **Comfortable, loose maternity clothing or old t-shirts** Take some spares so you have the option of changing if things get messy.
- **Toiletries** Lip balm, washcloths, and your own toothbrush will come in handy for freshening up.
- **Towels** It might be nice to have your own towels from home.
- **Underwear** Choose old pairs or disposables.
- **Hairbands or clips** Long hair? You may want to keep it off your face and neck during labor and while in bed.
- **Plastic bag for laundry** Keep dirty and soiled clothing out of the way.
- **Books, magazines, headphones, music player...** A good idea to bring something to keep you occupied during down-time.
- **Mobile phone and camera** To tell all your friends and family the good news and capture those precious first moments together.

What to pack for your baby

- **Check what's available** Ask beforehand about which supplies, if any, your hospital provides for newborns. Depending on the answer, you may need...
- **1-2 packs of diapers** Make sure you have enough supplies for the first couple of days.
- **Wet wipes and cotton balls** Useful during diaper-changing and for quickly wiping up any mess.
- **2-3 bodysuits and 2-3 t-shirts (depending on the weather and season)** Newborns can need changing frequently so pack plenty of spares. You may also want to take a special, photo-friendly outfit for coming home.
- **Hat** To protect your child's head when you're leaving the hospital.
- **Socks** Essential for keeping your child's feet warm.
- **Warm blanket** You may want to bring a special blanket to wrap your baby in after birth or for the journey home.
- **Child car seat** Remember to bring this for the trip home from the hospital – it's mandatory in many countries.

Sources

US Department of Health and Human Services, Office of Women's Health. Your guide to breastfeeding. January 2011.

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