



Baby Loss Hospital Bag Checklist

Important documents & essentials

- ☐ Hospital notes / maternity records
- ☐ Birth preferences / baby loss birth plan
- ☐ Medication
- ☐ Phone
- ☐ Phone charger - preferably long cable
- ☐ Portable power bank
- ☐ Purse / bank card
- ☐ Pen and small notebook
- ☐ Any important contact numbers

Creating a calm, private birth space

- ☐ Small speaker for relaxation tracks/music
- ☐ Playlist downloaded onto phone
- ☐ Headphones / earbuds
- ☐ Battery-powered fairy lights
- ☐ Battery-operated candle / flameless candle
- ☐ Eye mask

- ☐ Your own pillowcase with a familiar home scent
- ☐ Comfortable blanket from home
- ☐ Familiar item from home that brings comfort
- ☐ Favourite calming scent **(only if your maternity team says it is safe)**
- ☐ Essential oils **only if approved by your midwife/hospital**
- ☐ Diffuser **only if permitted by the hospital**
- ☐ Small calming object to hold during contractions
- ☐ Massage ball
- ☐ Heat pack / hot water bottle if permitted
- ☐ Comfortable birth socks
- ☐ Hair ties / headband
- ☐ Notebook for questions or things you want remembered
- ☐ Tissues

Clothes for labour

- ☐ Comfortable nightdress / oversized T-shirt
- ☐ Dressing gown
- ☐ Warm socks
- ☐ Slippers
- ☐ Flip-flops
- ☐ Comfortable underwear
- ☐ Nursing / soft bra if wanted/breast pads
- ☐ Dark, comfortable clothing for afterwards
- ☐ Loose trousers
- ☐ Large comfortable knickers
- ☐ Maternity pads / large sanitary pads

Toiletries

- ☐ Toothbrush
- ☐ Toothpaste/mouthwash
- ☐ Hairbrush
- ☐ Shampoo
- ☐ Conditioner
- ☐ Body wash/shower cloth
- ☐ Deodorant
- ☐ Face wash
- ☐ Moisturiser
- ☐ Lip balm
- ☐ Hand cream
- ☐ Dry shampoo
- ☐ Make-up if you want it
- ☐ Wet wipes
- ☐ Towel

Food & drinks

- ☐ Large water bottle
- ☐ Drinks you enjoy
- ☐ Straws
- ☐ Easy snacks/snacks that provide quick energy
- ☐ Snacks for your birth partner
- ☐ Mints / chewing gum
- ☐ Electrolyte drinks if you use them
- ☐ Any specific dietary-safe foods you need

For your baby

- ☐ Special outfit for your baby
- ☐ Blanket
- ☐ Hat
- ☐ Special teddy / comfort item/special book you may wish to read to your baby
- ☐ Keepsake box or bag
- ☐ Any special item you would like photographs with
- ☐ Letter for your baby
- ☐ A special piece of fabric / blanket carrying your scent
- ☐ Anything you would like your baby to be wrapped in

Birth partner's bag

- ☐ Phone
- ☐ Charger
- ☐ Power bank
- ☐ Comfortable clothes
- ☐ Warm jumper
- ☐ Toiletries
- ☐ Snacks
- ☐ Drinks
- ☐ Pillow/blanket
- ☐ Change of clothes/underwear
- ☐ Coins/card for parking if needed