

Hospital bag for baby

Use this as a starting list. Ask your own maternity unit about supplies, feeding and admissions rules.

- ☐ **Clothes**
Bodysuits, sleepsuits, hat and a going-home outfit
- ☐ **Changing**
Diapers and the wipes or cotton wool your hospital recommends
- ☐ **Feeding**
Ask the hospital what it supplies and what your feeding plan requires
- ☐ **Travel**
An appropriate car seat for the trip home; check fit before discharge
- ☐ **Weather**
Outdoor layers for the journey, chosen for the weather
- ☐ **Packing**
Separate clean outfits so your partner can find them quickly

Local policies differ: Supplies vary by unit. Hull explicitly asks formula-feeding families to bring sealed ready-made starter packs; this is a local policy, not a universal requirement. Ask your own maternity unit.

Source: NHS Best Start in Life; Hull University Teaching Hospitals maternity guidance. Checked 2026-09-30.

Full source links: <https://babydayplan.com/hospital-bag/baby/>

Independent planning guide; not medical advice. Follow your care team.