

Hospital bag for labor

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

- ☐ **Care plan**
Birth plan, hospital notes and admissions details
- ☐ **Comfort**
Loose clothing, socks, slippers and hair ties
- ☐ **Hydration**
Water bottle and permitted drinks/snacks; check unit rules
- ☐ **Relaxation**
Music, headphones, books or a familiar pillow if allowed
- ☐ **Communication**
Phone and a long charging cable
- ☐ **Chosen supports**
Discuss any TENS device or birth-pool supplies with the maternity team

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/labor/>

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