



Your C-Section Birth Hospital Bag Checklist

ESSENTIALS

- ID & Insurance documents, hospital booking confirmation
- Pregnancy notes & Birth preferences
- Any medication you routinely take
- Extra Long phone charger/power bank
- Headphones
- Eye mask
- Extra pillow from home
- Feeding pillow
- Large water bottle (with straw)
- Extra water bottle (for flavoured drinks/electrolytes)
- Thermos mug (for peppermint tea/hot drinks)
- Playlist/Speaker

CLOTHING

- Button up pyjamas/nightshirt (easy to get on without stretching overhead)
- Slippers or flip-flops (easy to slip on and off, feet may swell!)
- High waisted underwear (size up!!)
- Bath robe
- Compression socks
- Nursing bra/nursing tops
- Abdominal wrap/support if you wish to use one
- Loose fitting outfit for home

TOILETRIES

- Toiletry essentials (lip balm, hand cream, face cream, deodorant, toothbrush, hairbrush etc)
- Breastfeeding supplies (breast pads, nipple cream, pump if you have/want one)
- Maternity pads/Disposable Postpartum underwear
- Peri bottle

FOOD ITEMS

- Easy to grab snacks (think high fibre, high protein)
- Electrolytes
- Fibre supplement (e.g. metamucil or fybogel)
- Peppermint Tea/chewing gum (for gas pain)

FOR BABY

- Muslins/swaddles
- Blanket
- Going home outfit
- Sleepsuits +/- vests
- Hat/scratch mitts
- Cardigan (season dependent)
- Formula (if you have a specific brand you want to use if/when required)
- Nappies and Cotton wool pads
- Car Seat for journey home

RECOVER WITH CONFIDENCE