

Hospital hot list

The 3 essential bags to have packed and ready to go for b-day



1. Money for the car park 2. Towel 3. Change of undies 4. Toiletries 5. Camera 6. Snacks and drinks 7. Address book in case you can't use the mobile and need to spread the news via payphone 8. Chargers for camera and phones 9. Mobile phone, yours and his **BAG** Black Mothercare Messenger Bag, £39.99 (mothercare.com)

1. Muslin squares 2. Nappy bags/sacks 3. 2-3 bodysuits 4. Cotton wool balls 5. 12-15 nappies 6. 2-3 vests 7. Scratch mittens 8. 1 pair socks/booties 9. Small pack of wipes 10. Blanket for the trip home **BAG** Classic Colourful Tote in Moss, £149 (boden.co.uk)

1. Facial spray 2. Flannel 3. Ear plugs – in case ward is noisy at night 4. Nipple cream 5. Breast pads 6. Slippers 7. Eye mask 8. Straws to make drinking in labour easier 9. Medical notes 10. Birth plan, download a template at madeformums.com 11. Dressing gown 12. Nursing bra 13. Change of nightwear 14. Toiletries 15. Undies, either very old comfy ones or disposables 16. Cereal bars, snacks, water, small juice cartons to keep up your energy **BAG** Royal Rose Wheeled Holdall, £110 (cathkidson.co.uk)

FEATURE: AMANDA PAULEY & CASSANDRA KEMPTER-ROBERTS. PHOTO: SHUTTERSTOCK WITH SPECIAL THANKS TO: BODEN, CATH KIDSON, MOTHERCARE, JOHN LEWIS, JOJO MAMAN BÉBÉ, MAMAS & PAPAS, CARINWELL, BRAVADO, MEDELA, HOLISTIC SILK, BOOTS AND LOOKFANTASTIC.COM.