ESSENTIAL HOSPITAL BAG LIST FOR MULTIPLES

Take the fear out of your hospital bag packing and refer to this handy checklist.

If it saves you time, please share your thoughts on social media using the hashtag #PracticalGuidetoTwinsTripletsandMore and tag me @TalesofaTwinMum on Instagram, Twitter and Facebook. I'd LOVE to see people using it.

FOR YOU

- [ ] Medical notes and your birth plan
- [ ] Nightwear
- [ ] Daywear
- [ ] Underwear
- [ ] Dressing gown
- [ ] Slippers
- [ ] Socks
- [ ] Phone and charger
- [ ] List of people to text after birth
- [ ] Cameras, chargers and spare memory cards
- [ ] Change for drink and snack machines and car parking
- [ ] Eye mask
- [ ] Ear plugs
- [ ] Shampoo, conditioner, shower gel and razor
- [ ] Toothpaste and toothbrush
- [ ] Hair brush and hair bands
- [ ] Moisturiser
- [ ] Any make up you can't live without
- [ ] Hand cream
- [ ] Stretchy clothes for coming home in
- [ ] Nursing bras
- [ ] Breast pads and nipple cream
- [ ] Paper pants or large pants to wear after the birth
- [ ] Maternity pads
- [ ] A notepad and pen
- [ ] A few plastic carrier bags to use for washing/rubbish
- [ ] Any medication you need

FOR YOUR BABIES

- [ ] Vests and sleepsuits in tiny baby and newborn sizes (6 sets are enough for twins, 9 for triplets - you can have someone bring more if you end up staying in longer)
- [ ] A hat for each baby
- [ ] A twin breastfeeding pillow
- [ ] A couple of muslins and bibs
- [ ] Dummies if you wish to use them
- [ ] A pack of nappies in size 0
- [ ] Unfragranced baby wipes
- [ ] Nappy cream
- [ ] Cotton wool
- [ ] A small cuddly toy for each baby

FOR YOUR WELLBEING & ENTERTAINMENT

- [ ] Packaged snacks and fruit
- [ ] Massage oil
- [ ] Arnica tablets to help with swelling/bruising
- [ ] Water spray
- [ ] Hand held fan
- [ ] Lip balm
- [ ] Flannel
- [ ] Heat packs
- [ ] Dry shampoo
- [ ] Book
- [ ] Music
- [ ] Magazines
- [ ] Photos of your other children

Find me on your favourite social media as TalesofaTwinMum