



Limuru Cottage Hospital



Healing Hands, Caring Hearts

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Maternity Bag Checklist

Tick off each item once you put it in your maternity bag

For Mum	
1. ID and Important Documents:	
• ID card	
• Insurance card	
• ANC booklet	
• Doctor's admission letter	
• Birth plan (if you have one)	
2. Clothing and Comfort:	
• Loose maternity clothes such as a bathrobe, nightgown or leso. They should have an open front (for nursing)	
• Going home clothes	
• Comfortable maternity/nursing bras without an underwire (Optional)	
• Underwear (high-waisted, comfortable)	
• Slippers	
• Warm Socks	
• Comfortable pillows with a coloured pillowcases to differentiate them from hospital ones)	
• Towel	

3. Toiletries:	
• Toothbrush and toothpaste	
• Deodorant	
• Hairbrush or comb	
• Lotion or body oil (for massages during labor)	
• Lip balm	
• Nursing pads	
• Maternity pads	
• Cotton wool	
• Makeup (optional)	
• Spectacles or contact lenses with solution	
• Hair ties or clips	
• Face wipes	
4. Electronics:	
• Phone and charger (preferably with a long cord)	
5. Other Essentials:	
• Snacks and drinks	
• Nipple cream (for breastfeeding)	
For Baby	
1. Clothing:	
• Two or three sleepsuits and vests	
• Bodysuits (easy access for diaper changes)	
• Socks or booties	
• Baby beanie	

<ul style="list-style-type: none"> • One outfit for the trip home (consider weather) 	
<ul style="list-style-type: none"> • Baby shawl or blanket (for warmth and the trip home) 	
2. Diapering and Hygiene:	
<ul style="list-style-type: none"> • Baby diapers 	
<ul style="list-style-type: none"> • Wipes and cotton wool 	
<ul style="list-style-type: none"> • Burping cloths 	
<ul style="list-style-type: none"> • Oil/cream/ointment (for diaper changes) 	
<ul style="list-style-type: none"> • Sanitizer (for hands before handling baby) 	
3. Travel Essentials:	
<ul style="list-style-type: none"> • Baby car seat (practice fitting it before the hospital) 	
For Birth Partner	
1. Essentials:	
<ul style="list-style-type: none"> • Phone and charger 	
<ul style="list-style-type: none"> • Camera and accessories (optional) 	
<ul style="list-style-type: none"> • Entertainment (books, music, etc.) 	
<ul style="list-style-type: none"> • Snacks and water 	
<ul style="list-style-type: none"> • Daily prescription medication (for both parents) 	
2. Clothing and Comfort:	
<ul style="list-style-type: none"> • Change of clothes 	
<ul style="list-style-type: none"> • Toiletries (toothbrush, deodorant, face wash, shampoo) 	
<ul style="list-style-type: none"> • Spare glasses or contact lenses 	
<ul style="list-style-type: none"> • Small pillow (optional for added comfort) 	