



WHAT TO PACK IN YOUR Hospital Bag for Breastfeeding

A practical checklist to help you feel prepared

One of the most common questions I hear from expectant parents is, *"What do I actually need to pack for breastfeeding?"*

The good news is that your body is the most important thing you'll bring to hospital. While there are a few helpful items to make those first few days more comfortable, you don't need every breastfeeding gadget on the market.



EVERY DROP
OF COLOSTRUM
COUNTS

BREASTFEEDING ESSENTIALS



COMFORTABLE NURSING BRAS

Pack 2-3 soft, wire-free nursing bras.

Your breasts may change size quickly once your milk comes in, so choose bras with a little stretch.

- ✓ Soft fabric
- ✓ No underwire
- ✓ Easy nursing clips



COMFORTABLE CLOTHING

Choose clothing that allows easy skin-to-skin contact and breastfeeding.

Ideas include:

- Button-up pyjamas
- Loose T-shirts
- Zip-up hoodie
- Nursing singlets
- Comfortable dressing gown



BREAST PADS

Some mums leak in the early days while others don't.

Packing a small supply of disposable or reusable breast pads can help keep you comfortable.



NIPPLE CREAM (OPTIONAL)

Many parents pack nipple cream "just in case."

If feeding is painful, ask for support early.

TIP: If you are using nipple cream to soothe sore nipples, putting it in the fridge and applying it cold can provide some extra relief.



WATER BOTTLE

Breastfeeding can make you surprisingly thirsty.

A large reusable drink bottle is one of the most useful things you can pack.

HEALTHY SNACKS

Labour and early newborn care can make eating regular meals difficult.

Easy snack ideas:

- Muesli bars
- Trail mix
- Crackers
- Fruit
- Protein snacks

Your support person will probably appreciate these too!



PILLOW

Your own pillow can make feeding and resting much more comfortable.

Use a coloured pillowcase so it's easy to identify.

IF YOU'RE PLANNING TO COLLECT COLOSTRUM BEFORE BIRTH



If your healthcare provider has recommended antenatal expressing, remember to bring:

- Frozen, labelled colostrum collectors
- Insulated cooler bag
- Ice packs

Let the hospital know as soon as you arrive so they can store your colostrum safely.

ITEMS YOU PROBABLY WON'T NEED

- ✗ Breast pump (unless advised)
- ✗ Large boxes of storage bags
- ✗ Steriliser
- ✗ Bottle warmer
- ✗ Large nursing pillow
- ✗ Bottles



A FEW THINGS YOU CAN'T PACK

The most valuable things to bring aren't things you can fit in your hospital bag.

- ♥ Patience
- ♥ Kindness towards yourself
- ♥ A willingness to ask for help

Breastfeeding is a learned skill for both you and your baby. It's completely normal for it to take time.



WHEN TO ASK FOR HELP

Speak with your midwife or an IBCLC if:

- ✓ Feeding is painful
- ✓ Your baby is very sleepy and difficult to wake for feeds
- ✓ Your baby isn't attaching well
- ✓ You're worried your baby isn't getting enough milk
- ✓ You're feeling overwhelmed or unsure

Getting support early can make a big difference.

SPROUT TIP

You don't need to have everything figured out before your baby arrives. Every breastfeeding journey is different, and it's okay if things don't go exactly as planned.

If you need support after your baby is born, I'm here to help with personalised, evidence-based lactation care so you can feel confident and supported every step of the way.

