

## Birth Bag Checklist

Whether you are planning on having your baby in hospital or at home, it is always worth packing a birth bag.

### FOR YOU

- Hospital notes
- Birth preferences
- The Hypnobirthing Book
- Phone or device with MP3 scripts or relaxation music
- Mobile phone charger
- Headphones
- Pyjamas
- Large, old t-shirt to wear for the birth
- Swimwear for water birth (if desired)
- Snacks
- Water
- Lucozade (still, not fizzy)
- Drinking straws
- Dressing gown
- Slippers, socks
- Laptop or tablet and charger
- Magazine or book
- Essential oils (e.g. lavender)
- Your pillow
- Birthing ball (if hospital doesn't have their own)
- Maternity pads (2 packs)
- Plenty of big cotton pants
- 2-3 nursing bras
- Breast pads
- Nipple cream
- Front opening shirt or nightshirt
- Toiletries (toothpaste, toothbrush, hairbrush, Vaseline, shower gel)
- Clothes for going home (something comfortable)

### FOR BIRTH PARTNER

- Mobile phone and charger
- Change for car park
- Camera
- Toiletries
- Snacks
- Water
- Book
- Laptop or tablet and charger
- Swimwear (if they are going in the water with you)

### FOR BABY

- Nappies (allow 12 a day)
- 2-3 sleepsuits
- 2-3 vests
- Baby wipes or cotton wool
- Muslin squares
- Pair of socks or booties
- Clothes for going home
- Jacket or snowsuit for winter babies
- Hat
- Car seat