

My Hospital Bag

A copy of your birth preferences/ birth plan plus any notes you may have from the hospital

Something loose and comfortable to wear during labour that doesn't restrict you from moving around or make you too hot

Things to help you pass the time and relax, for example, books, magazines or music

An old duvet and pillow from home to make you feel comfortable, also useful to hide away under during labour

Hairbands if you have long hair

Flannel, sponge or water spray to cool you down

Birth affirmations and positive words to place around the room

Battery operated Candles (no fire risk!)

Camera

Music, earphones maybe and batteries if needed

Any oils or fragrances you might like to use

Massage oils

Heat pads, hand warmers

Maternity pads

Tens machine if you are using one

Small and easy to eat nutritious snacks for you and your partner

Warm socks, feet get cold in labour

Your wash bag with toothbrush, hairbrush, flannel, soap and other toiletries

Slippers or flip-flops

Towels

Front-opening or loose-fitting nighties or tops if you plan to breastfeed

Dressing gown

Pants, several pairs

Nursing Bra

Any medication you are taking

A comfortable outfit to wear after baby's born, and one to come home in

Clothes and nappies for the baby, often useful for one outfit to be put in the labour bag

A shawl or blanket to wrap the baby in

Baby going home outfit

Car seat

Anything else that you want to take that makes you feel comfortable