

## Birth bag packing list

### Mum: labour

- Maternity notes
- Birth preferences document
- Glasses & spare contact lenses
- Nightie / T-shirt / Vest top
- Dressing gown
- Slippers
- Plastic flip flops
- Lip balm
- Relaxation tools
- TENS machine
- Isotonic drinks
- High energy snacks
- Prescribed medication

### Partner: labour

- Loose change
- Camera and batteries or charger
- Toothbrush and toothpaste
- Deoderant
- A change of clothes
- Swimwear and towel
- Painkillers
- Prescribed medication
- Food and snacks
- Entertainment (book, tablet etc)
- Glasses & spare contact lenses
- Comfortable shoes
- Massage oils
- Playlists for labour

### Mum: after labour

- A front opening top/ nightie
- Big pants
- Maternity sanitary pads
- Nipple cream
- Breast pads
- Comfortable nursing bra
- Mobile phone and charger
- Toiletries
- Make up
- Comfortable going home outfit

### Baby

- A few changes of clothes
- If formula feeding, ready made bottles
- Nappies (2 sizes)
- Cotton wool
- A going home outfit: vest, baby grow, cardigan, hat and coat
- A car seat and blanket

### Do not pack

Jewellery, excess cash or valuables, a breast pump, formula powder sterilising equipment, toys or baby equipment