

“To-Pack” List

Things for when you are in labour

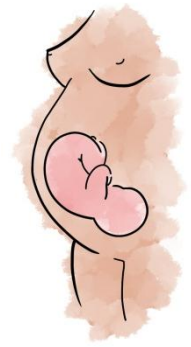
- ✓ Your maternity notes, any scan reports and your birth plan
- ✓ Something to wear during labour (*an old, large night top or t-shirt is a good choice as it won't be too restrictive or hot*). You may need a few options
- ✓ Slippers
- ✓ Dressing gown
- ✓ Massage oil
- ✓ A pillow
- ✓ Lip balm
- ✓ Swim wear if you wish to use the birthing pool (*many women decide to not wear anything in the birthing pool, or to stay in their night top or t-shirt. It is best to wear whatever you feel most comfortable in*)
- ✓ A hair tie or clip if you have long hair
- ✓ A cooling spray, or a flannel to cool your brow
- ✓ A TENs machine if you are planning to use one
- ✓ Some snacks and drinks (a non-spill bottle for re-filling is useful)
- ✓ Something to read or watch
- ✓ Some music (*some birth places may have CD players but it is better to bring your own if this is something you are keen to use*)
- ✓ Any other home comforts you feel are important (*i.e. fairy lights, a fan, birth ball etc. Many birth places are able to provide these but it will always be subject to availability and demand*)
- ✓ Toiletries
- ✓ A towel



Things for after your baby is born

- ✓ Clean sleepwear (*another big, comfy night top or t-shirt is a good choice*)
- ✓ Knickers (*you are unlikely to be back into your pre-pregnancy underwear straight away so go for a bigger size than you would usually buy. Your knickers will need to be suitable for you to wear a large maternity pad too. Many women use cheap or old knickers they are happy to throw away and many women find disposable knickers useful*)

- ✓ Maternity pads
- ✓ Breast pads
- ✓ Nipple cream
- ✓ Nursing bras
- ✓ Socks
- ✓ Toiletries (*shampoo, soap, deodorant, toothbrush, toothpaste and any other cosmetics you would like*)
- ✓ A towel
- ✓ More snacks and drinks
- ✓ Something to read or pass the time
- ✓ Phone charger



Things for your baby

- ✓ Vests (*you will need several of these*)
- ✓ Baby gowns (*you will need several of these*)
- ✓ Hats
- ✓ Clothes for leaving hospital (*i.e. coat if weather is cold*)
- ✓ Blankets
- ✓ Nappies
- ✓ Formula milk if you are planning on formula feeding
- ✓ Cotton wool
- ✓ Muslin squares
- ✓ Car seat (*this can be brought in when the time comes for you to go home*)

Things for your Birth Partner

- ✓ Comfortable shoes
- ✓ Snacks and drinks
- ✓ A change of clothes
- ✓ Toiletries (*i.e. deodorant, toothbrush*)
- ✓ Something to read
- ✓ Camera
- ✓ Phone and camera chargers

