

Here are some suggestions for what to pack in your labour bag. Choose some or all of them to ensure everything runs smoothly. Add any extra items at the end, print off and check through to get fully prepared for your new arrival.

FOR MUM TO BE	
<input type="checkbox"/>	Maternity hand held records
<input type="checkbox"/>	Food (e.g. high energy bars, easy to eat snacks or sandwiches)
<input type="checkbox"/>	Drinks (high energy drinks and bottled water)
<input type="checkbox"/>	Dressing gown
<input type="checkbox"/>	Slippers (or other footwear e.g. flip flops)
<input type="checkbox"/>	Pyjamas or other night wear
<input type="checkbox"/>	Outfit for giving birth in e.g. night dress or large t-shirt
<input type="checkbox"/>	Labour TENS machine
<input type="checkbox"/>	Relaxation CD or relaxing music (CD players often supplied or ipod)
<input type="checkbox"/>	Book or magazine
<input type="checkbox"/>	Massage oil (you may wish your birthing partner to pamper you whilst you are in labour!)
<input type="checkbox"/>	Swimwear if using a birthing pool
<input type="checkbox"/>	Maternity sanitary pads
<input type="checkbox"/>	Breast pads
<input type="checkbox"/>	Nipple cream
<input type="checkbox"/>	Nursing bra
<input type="checkbox"/>	Knickers (old or disposable are best)
<input type="checkbox"/>	Towel
<input type="checkbox"/>	Normal clothes for day wear and going home (don't expect to get into your pre-maternity wardrobe just yet!)
<input type="checkbox"/>	Socks
<input type="checkbox"/>	Wash bag items (shampoo, shower gel, hair brush, hair bands, shower cap, toothbrush, toothpaste, mouthwash, razor etc)
<input type="checkbox"/>	Sponge or flannel
<input type="checkbox"/>	Cosmetics (mirror, moisturiser, make-up, lip-balm, face wash, cleanser, perfume, deodorant etc.)
<input type="checkbox"/>	Tissues
<input type="checkbox"/>	Tea tree oil or lavender oil (for the bath, to help soothe tender areas and tears)
<input type="checkbox"/>	Witch hazel (can be dabbed onto stitches and tears to aid healing)

CHECK	FOR BABY
<input type="checkbox"/>	Nappies
<input type="checkbox"/>	Muslin squares
<input type="checkbox"/>	Baby comforter or teddy
<input type="checkbox"/>	Sleep suits or other baby outfits
<input type="checkbox"/>	Vests
<input type="checkbox"/>	Scratch mittens and socks
<input type="checkbox"/>	Hat
<input type="checkbox"/>	Cardigan
<input type="checkbox"/>	Coat (if weather is cold)
<input type="checkbox"/>	Baby shawl or blanket
<input type="checkbox"/>	Cotton wool
<input type="checkbox"/>	Nappy bags
<input type="checkbox"/>	Bibs
<input type="checkbox"/>	Formula and bottles (if not breastfeeding)
<input type="checkbox"/>	Baby bath foam/shampoo
<input type="checkbox"/>	Baby towel
<input type="checkbox"/>	Going home outfit

	FOR BIRTHING PARTNER
<input type="checkbox"/>	Food and drink
<input type="checkbox"/>	Cash and small change (e.g. for phone or car park)
<input type="checkbox"/>	Mobile phone (to let everyone know your news)
<input type="checkbox"/>	Mobile phone spare battery or charger
<input type="checkbox"/>	Phone numbers/emails for people you may wish to contact
<input type="checkbox"/>	Car seat and blanket for going home
<input type="checkbox"/>	Camera and spare batteries/memory card
<input type="checkbox"/>	Swimwear if using a birthing pool
<input type="checkbox"/>	Book or magazine (it could be a long wait)

	OTHER
<input type="checkbox"/>	Anti-bacterial hand gel
<input type="checkbox"/>	Sterilising surface wipes
<input type="checkbox"/>	Travel change mat or disposable change mats
<input type="checkbox"/>	Change bag

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