

Labour bag essentials

For birth

- Maternity notes
- Birth preferences
- Snacks (sweet & savoury)
- Drinks (water, squash, still energy drinks)
- Straws
- TENS machine (if using)
- Hot water bottle
- Birth ball (if needed)
- Positive affirmation cards/ scan picture
- Eye mask
- Pillow
- Flannels
- Essential oils if using
- Massage oil
- Battery-operated tealights /fairy lights
- Lip balm
- Hair bands
- Comfy clothes to wear in labour
- Bikini top if you'll be using the pool
- Relaxation MP3s (if using)
- Music playlist
- Speaker & charger
- Phone & charger
- Headphones
- Camera & charger
- iPad/ podcasts/ book/ magazines
- Hand held fan/ face spray

For birth partners

- Snacks and drinks
- Toothbrush, toothpaste, deodorant
- Money/change for parking/taxi
- Change of clothes
- Swim shorts if you might get in the pool!
- Phone & charger
- Pen & paper
- iPad/ podcasts/ book/ magazines

Postnatal

- Maternity pads
- Towel
- Nursing bra
- Breast pads
- Tops with easy-access for feeding
- Plenty of big cotton pants
- Pyjamas/ thin comfy clothes for sleeping in
- Flipflops /sliders/ slippers
- Earplugs
- Handheld fan/ face spray
- Dressing gown
- Toiletries (moisturiser, shampoo, shower gel, toothbrush & paste, make-up, make-up remover, deodorant)
- Hairbrush
- Comfy clothes

For baby

- 20 nappies (newborn/size 0)
- Cotton wool pads (use with warm water for changing) / wipes
- Nappy sacks
- 5 sleepsuits with feet
- 5 vests
- Hat (you may not use it though!)
- Muslins
- 2 thin blankets (waffle style is good)
- Car seat

