

Packing for Birth

For the birth:

- Something comfortable to wear during labour – nightie/t-shirt, ideally loose with easy access to boobs for breastfeeding/skin to skin
- Slippers/dressing gown
- Snuggly socks to keep your feet toasty & keep the oxytocin flowing
- Eyemask to shut out any unwanted light
- Familiar comforts – a cosy blanket, your favourite pillow
- Your essentials for creating the perfect birth space – music & player, battery operated candles/fairy lights, aromatherapy oils/room spray, birth affirmations, photos of special places/loved ones
- Your birth plan
- Do not disturb sign for the door

Staying overnight:

- Nightshirt or PJs (front opening/ easy access to boobs)
- Disposable/cheap knickers
- Maternity pads
- Nursing bra
- Breast pads
- Cosmetic bag - toothbrush, toothpaste, deodorant, moisturiser, brush, hairband, make-up essentials, lip balm etc.
- Outfit for the journey home (ideally stretchy/loose fitting for comfort)

For the Birth Partner:

- Lots of snacks & drinks
- Change for the car park/ vending machines
- Phone, charger & list of essential people to inform once baby arrives
- Camera
- Clean t-shirt/top
- Toothbrush & toothpaste, deodorant/ wipes to freshen up if necessary

For Baby:

- Nappies & cotton wool
- Vests & babygros (3 or 4 of each incase you need to stay in hospital)
- Baby blanket
- Hat
- Snowsuit in colder months
- Carseat