



For labour		For after your baby is born		
	Your birth plan		Going-home outfit for you	
	Robe or dressing gown		Breastfeeding bras	
	Slippers		Breast pads	
	Socks		Maternity or maxi pads	
	An old nightgown or T-shirt to wear in labour		Nightgown or pyjamas	
	Massage oils or lotions		Toiletries	
	Lip balm		Towels, hairbrush, toothbrush and toothpaste	
	Snacks and drinks		Old underwear/cheap underwear	
	Relaxation materials: books, magazines and so on		Ear plugs (in case you end up on a noisy ward)	
	A hair elastic or headband. If you have long hair, you might want it tied up		Arnica tablets (may help with bruising)	
	Pillows	Fo	For your baby	
	Toiletries	_		
	Music to listen to (some hospitals will provide a CD		Infant car seat	
	player)		One outfit for the trip home. All-in-one stretchy outfits are best	
П	TENS pain relief machine, if you are planning to use one		Baby blanket (a warm one if weather is cold)	
			Nappies	
For the birth partner			One pair of socks or booties	
	Comfortable shoes – you might be pacing the halls!		Hat	
	A change of clothes, toothbrush and deodorant		Jacket or snowsuit for winter babies	
	Watch with a second hand to time contractions		Receiving blankets or burp cloths	
	Swimwear, if you want to join the mom-to-be in a			
	birth pool	Ad	Add your own items	
	Digital camera or camcorder (check with hospital first)			
	Address book, plus mobile phone or coins/ phone			
	card			
	Snacks and drinks			