

For labour...

- Your birth plan
- Dressing gown
- Slippers
- Socks
- An old nightdress or T-shirt to wear in labour
- Massage oils or lotions
- Lip balm
- Snacks and drinks or glucose tablets
- Something to read or watch
- A hairband. If you have long hair, you might want it tied up
- Pillows
- TENS pain relief machine, if you are planning to use one
- Toiletries
- Music to listen to (some hospitals will provide a CD player or have an iPod dock)

For the birth partner...

- Water spray to cool down and refresh the mum-to-be while she's in labour
- Comfortable shoes – you might be pacing the corridors!
- A change of clothes, toothbrush and deodorant
- Watch with a second hand to time contractions
- Swimwear, if you want to join the mum-to-be in a birth pool
- Your phone, camera or camcorder
- Snacks and drinks

For after your baby is born...

- Going-home outfit
- Breastfeeding bras
- Breast pads
- Maternity pads
- Nightdress or pyjamas
- Toiletries
- Towels, hairbrush, toothbrush and toothpaste
- Old knickers/cheap knickers/disposable knickers
- Ear plugs (in case you end up on a noisy ward)
- Arnica tablets (may help with bruising)

For your baby...

- Infant car seat
- One outfit for the trip home. All-in-one stretchy outfits are best
- Baby blanket (a warm one if weather is cold)
- Nappies
- One pair of socks or booties
- Hat
- Jacket or snowsuit for winter babies
- Muslin squares

Add your own items...

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