

### For labour...

- Your birth plan
- Robe or dressing gown
- Slippers
- Socks
- An old nightgown or T-shirt to wear in labour
- Massage oils or lotions
- Lip balm
- Snacks and drinks
- Relaxation materials: books, magazines and so on
- A hair elastic or headband. If you have long hair, you might want it tied up
- Pillows
- Toiletries
- Music to listen to (some hospitals will provide a CD player)
- TENS pain relief machine, if you are planning to use one

### For the birth partner...

- Comfortable shoes – you might be pacing the halls!
- A change of clothes, toothbrush and deodorant
- Watch with a second hand to time contractions
- Swimwear, if you want to join the mom-to-be in a birth pool
- Digital camera or camcorder (check with hospital first)
- Address book, plus mobile phone or coins/ phone card
- Snacks and drinks

### For after your baby is born...

- Going-home outfit for you
- Breastfeeding bras
- Breast pads
- Maternity or maxi pads
- Nightgown or pyjamas
- Toiletries
- Towels, hairbrush, toothbrush and toothpaste
- Old underwear/cheap underwear
- 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
- Receiving blankets or burp cloths

### Add your own items...

- 
- 
- 
-