

For labour...

- Copies of your medical records
- Slippers
- Cotton socks (if the weather is cold)
- Massage oil or lotion if you would like to be [massaged during your labour](#)
- Lip balm
- [Snacks and drinks](#) (if permitted by hospital)
- Something to read, watch or pass time
- A hairband. If you want your hair tied up
- Pillows or cushions to get more comfortable
- Water spray bottle and wet wipes to freshen up
- [Music to listen](#) to (some hospitals will provide a CD player)
- Mobile phone and charger

For the birth partner/attendant...

- A change of clothes and toiletries
- Comfortable shoes – they might be on their feet a lot!
- Watch or timer with a second hand to time contractions
- Mobile phone and charger
- Some cash and small change in hand
- ATM/credit cards for emergencies
- Medical insurance papers (if any)
- Camera or camcorder (if hospital allows)
- Snacks and drinks (if the hospital has no canteen)

Add your own items...

- _____
- _____
- _____
- _____

For after the birth...

- Going-home outfit (pick something loose and comfortable)
- Supportive shoes/sandals
- One or two [nursing bras](#)
- [Breast pads](#)
- Two packets [maternity/sanitary pads](#)
- Front open nightdress/top for easy feeding
- Shawl, stole or *dupatta* to cover yourself while [breastfeeding](#)
- Toiletries and make-up
- Towel, hairbrush and toothbrush
- Comfortable panties (don't pack your best ones)

For your baby...

- 4 sets of clothes that are [suited to the season](#). Rompers, sleep suits, cotton *jhablas*, T-shirts, shorts or leggings, will all work well.
- 3 vests or onesies to be worn as innerwear. In [hot weather](#), one layer of clothing might be enough.
- 2 sweaters for [winter](#) babies
- 1 pair of socks or booties
- 1 cap
- 2 soft cotton sheets for baby's bed
- 1 [waterproof sheet protector](#) or rubber under sheet
- 1 baby blanket (a warm one if weather is cold)
- 12 [nappies](#), nappy pads or diapers per day
- Wet wipes and a changing mat
- 1 soft towel
- Toiletries (soap, shampoo, massage oil, hairbrush, nail clippers)
- A few soft cotton squares or hand towels to clean spit-up or spills while feeding.