Birth bag checklist

It's good to have your bag(s) packed from around 34 weeks so you can keep it by the door or in the car. You can always have a second bag packed at home that is easy for someone to grab if you need any extras.

If you're planning a home birth it can be handy to have everything you'll need in one place so it's easy to access.

For labour/birth:

- [ ] Maternity notes
- [ ] Birth preferences
- [ ] Snacks (easy to eat)
- [ ] Drinks bottle or straw
- [ ] Sugary squash/sports drink
- [ ] Tens machine
- [ ] Hot water bottle
- [ ] Birth ball
- [ ] Eye mask
- [ ] Headphones/speaker
- [ ] Music playlist
- [ ] Affirmations/relaxations scrips
- [ ] Your own pillow
- [ ] Room spray/diffuser
- [ ] Fairy lights/battery tea lights
- [ ] PJs/nightie/t-shirt/bikini - something to wear in labour/in the pool
- [ ] Lip balm
- [ ] Hair band & bobbles
- [ ] Phone charger (long lead)
- [ ] Mini fan

Post natal:

- [ ] Maternity pads (2 packs)
- [ ] Big comfy pants (preferably dark)
- [ ] Socks
- [ ] Nursing bras x2
- [ ] Breast pads
- [ ] Nipple cream
- [ ] PJs/nightie (easy access for feeding & skin to skin)
- [ ] Towel
- [ ] Slippers/flip flops (flip flops are good for the shower!)
- [ ] Hair brush, bobbles, clips
- [ ] Toiletries - shower gel, dry shampoo/shampoo & conditioner, deodorant, moisturiser, toothpaste, toothbrush
- [ ] Bag for dirty washing
- [ ] Comfy outfit to go home in

Turn over

LoVe BiRTH

For baby:

Newborn might be too small for some babies so it might be good to have some first size/0-1 clothes

- [ ] 3 or 4 vests
- [ ] 3 or 4 sleepsuits
- [ ] Hats
- [ ] Scratch mittens (if not built into sleepsuits)
- [ ] Nappies and nappy bags
- [ ] Wipes/cotton wool
- [ ] 3 muslins
- [ ] Cardigan for coming home
- [ ] Blanket
- [ ] Ready made formula (if needed)

For birth partner:

- [ ] Snacks and drinks
- [ ] Phone, camera and charger
- [ ] Money for parking
- [ ] Toothbrush, toothpaste & deodorant
- [ ] Spare change of clothes

Home birth extras:

- [ ] Clean, old towels
- [ ] Birth pool (optional) + old blanket/plastic sheet to put underneath and a tap adapter to fill
- [ ] Plastic sheet for furniture/carpet (Blankets or towels can be put on top to make it comfier)

Add your own:

- [ ] ....
- [ ] ....
- [ ] ....
- [ ] ....
- [ ] ....
- [ ] ....

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