

Hospital Labour Bag Check List

For Labour

Birth plan

Speaker

Headphones

Ear Plugs

Comfy Clothes\

Playlist, Tracks etc

Sliders/Slippers/Flip Flops (easy shoes and maybe shower shoes)

Dressing gown if it's your vibe

Socks (snuggly)

Sun Glasses

Lights

Blanket (something familiar that feels like home)

Your own Pillow

Hairbands (to tie up long hair)

Snacks you think you might fancy during and for afterwards

Water Bottle - with straw v. important

Phone Charger & Phone

Essential oils/Massage Oil (I'll have mine too)

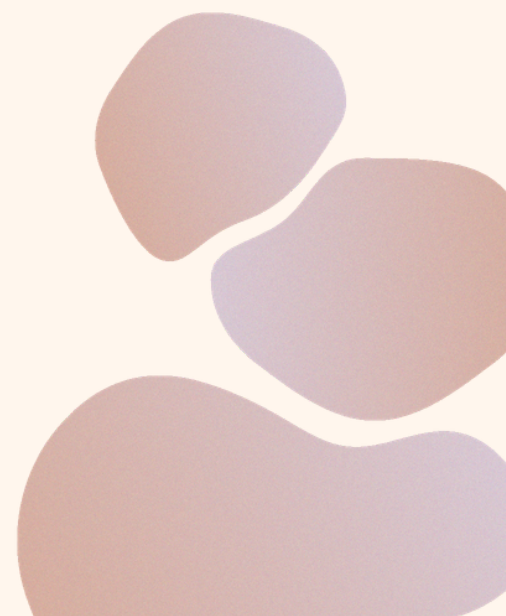
Lip balm (lips can get really dry, I will have some too)

Extras;

Placenta box?

Sick Bag for the car

Towel for the car



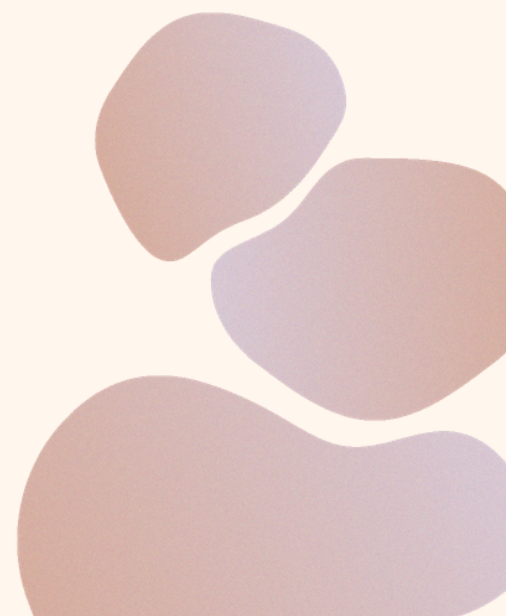
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For After Birth

Big Comfy underwear
Maternity pads
Breast pads - maybe
Nipple cream - maybe - Calendula oil
Lotion (skin can be very dry post labour)
Easy opening night shirt, t-shirt or pyjamas (for feeding)
Toiletries (toothbrush, toothpaste, deo, cleanser, moisturiser)
Arnica pills (any other remedies)
Towel
Hairbrush
Sandals for ease
Clothes for going home - loose very comfy and warm
Snacks, comfort food
Things that make you feel nice

For Baby

A couple of soft sleep suits (varied sizes) - zip up ones
Nappies
Cotton Wool or water wipes
Coconut Oil
Muslins
One or two Baby Blankets
Up to you on a Hat



Homebirth - Extras

Birth Pool
~tap adapter
~hose
~lining

Towels
Waterproof Sheets
Puppy Pads - Lots
Big Bowl / Bucket
Placenta Storage

Thermometer
Sieve
Mirror

Homebirth - Extras

