



Birth Bag List

For the Birthing Person

	Clothing		Accessories
	Dressing Gown		Hair brush, bobbles / hair band
	Socks x4		Toothpaste & toothbrush
	Comfortable outfit for labour		Body & face wash
	Comfortable outfit to go home in		Deodorant
	Nightgown / pyjamas x2		Nipple Cream (if breastfeeding)
	Slippers		Large towel
	High rise or disposable underwear x 6		Maternity pads x1 pack
	Tracksuit or loose fitting dress		Moisturising cream & lip balm
	Comfortable bras / nursing bras x3		Birth plan / Beyond the Bump Booklet

	Extra Items	
	Harvested colostrum (if required) - must be named, dated & ready to go straight into the hospital fridge	Birth aids for creating the right environment for you (scents, candles, music, hypnobirthing playlist)
	Spray bottle / fan	Swimwear / bikini if you're planning a water birth
	Pillow	Straws or good water bottle with a straw
	TENS machine	Extra blanket for you



Birth Bag List For the Baby

	Short sleeved vests (x3 newborn / x3 0-3 months)
	Long sleeved onesies with closed feet (x3 newborn / x3 0-3 months)
	Hats x2
	Nappies Size 0 x1 pack
	Cotton wool balls or water based wipes
	Outfit for going home - this can simply be a vest & onesie or layered up with a cardigan if post
	Cellular blankets x2
	Muslin clothes x3

For the Birth Partner

	Change of clothes (including shorts as labour rooms can get hot & comfortable shoes)
	Money
	Toothbrush, toothpaste, deodorant & glasses if required
	A blanket & your own pillow
	Snacks & drinks for you
	Snacks and drinks for the birthing person (including isotonic energy drinks)
	Swimwear if you want to get into the water to support your partner
	Gadgets (iPad, phone, charger)