

# Birth Bag Check List

## Birther - for labour

### *Bits you need*

- Your notes
- Your birth plans
- Headphones for staying in your bubble
- Relaxing or uplifting music on a playlist
- Affirmations to put around the room
- TENS machine
- Some battery operated fairy lights and candles
- Relaxing scents that you've used to anchor during relaxation
- Flannel and fan for keeping cool
- Whatever snacks and drinks you might fancy
- Things that make you feel at home (could be family photos, blankets etc.)
- A nice pillow so that you're not stuck with hospital ones
- Phone Charger
- Straw so that you can drink comfortably
- Something funny to watch or listen to
- Card games
- An eye mask to get in a little private bubble
- A birth ball just in case all the ones there are in use

### *Clothing*

- 3 pairs of underwear
- Big comfy tshirt x 2
- Bikini Top for birth pool (if you dont want to be naked)
- PJs
- Dressing Gown
- Some nice slippers or flip flops for walking around your birth place
- Cosy socks to keep your feet warm if not in a pool

### *Toiletries*

- Tooth Brush & Tooth Paste
- Shampoo & Conditioner
- Moisturiser
- Lip Balm
- Your own towel (hospital ones are awful)
- Hairclips and bands to keep your hair out of your face
- Deodorant
- Shower Gel
- Face Wash
- Hair Brush

## Birther - for after labour

- Maternity Pads
- Nipple Cream
- Disposable Underwear
- Breast Pads
- Fresh PJs
- Peri Bottle
- Sprints For bits (expert midwife)
- Nursing Bra
- Clothes for going home in (think loose and comfy)
- Slip on shoes (for ease)

## Baby

- Nappies
- Cotton Wool / Water wipes
- Vests x3
- Sleep Suits x 3
- Baby Blanket
- Baby Hat
- Car Seat (if driving home)
- Muslin Squares x 2

## Birth Partner

- Change for parking
- Spare Trousers
- Spare T-shirt x 2
- Underwear
- Tooth Brush & Tooth Paste
- Deodrant
- Full Battery on phone
- List from birther on what they want you to do
- Phone Charger
- Snacks (non perishable)
- Drink
- Something to read when Birther is in their zone and not needing your support
- Travel pillow (for potentially sleeping in chair)
- Hypnobirthing Notes

## Notes

---

---

---

---

---