

# HOSPITAL BAG GUIDE FOR BIRTH

## For the Birthing Mother

- 2-3 clothing options
  - A dressing gown or Pajamas
  - comfortable, stretchy, easy to unbutton clothing for breastfeeding.
  - Dark coloured bottoms are ideal.
- A few Socks, larger full coverage stretchy underwear and nursing bra
- Straw water bottle ( perfect hands free option for labour )
- Shelf stable snacks (i enjoy wholefood muesli bars..and chocolate)
- Basic travel toiletries bag
  - bodycare; soap, toothbrush/paste
  - skincare; face wipes, cleanser, toner, serum, facial oil, moisturizer, and lip balm
  - haircare: comb, brush. Shampoo and Conditioner if you desire.
- Postpartum care
  - nipple cream
  - breast pads
  - maternity pads
- Tech; Phone, camera, chargers
- Birthing playlist and portable speaker
- Birth plan and hospital book
- Extra birthing tools you desire
  - Affirmation cards
  - heat pack
  - massage oils
- Swimmers ( mainly a top ) if you wish and choosing a water birth

## For Your Baby

- Announcement name card and outfit
- Natural Nappies, Wipes and Barrier Cream
- 2-3 Clothing options ( onesies ) and extra layers; singlets, socks, beanies
- 1x Throw/Swaddle/blanket - if you choose, the hospital will have some also
- Birthing toy/gift if you desire
- Have your car seat ready and properly installed

## For Support Person/Partner

- Comfortable clothing and Swimwear ( if water birth is an option or desired)
- Water bottle and snacks
- Basic toiletries
- Any Tech; Phone, ipads, chargers

Congratulations,  
I hope you have an  
incredible  
safe birth and memorable  
journey into parenthood  
x