



Breastfeed with confidence from birth

Approach your due date with confidence by using this maternity hospital bag checklist to pack everything you need & ensure your birthing partner has packed a bag of essentials for themselves.

Your Checklist

For labour

- Your birth plan & maternity notes
- Your mobile phone & important phone numbers on paper
- Change for parking
- An old/dark nightie/ t-shirt/ top
- Lightweight dressing gown or Pretty Wrap Pointelle Wrap Cardi
- Slippers
- Cosy socks
- Hairband, hair ties & grips
- High energy snacks & drinks
- Bendy straws (to sip drinks with when you're not sat upright)
- Lip balm
- Camera/ Video camera
- Magazines/books/MP3 player/ tablet
- Phone & device chargers
- TENS pain relief machine
- Birthing ball
- Relaxation techniques

For you

- Old comfy knickers or disposable pants
- Pack of maternity sanitary pads
- Nipple cream
- Disposable breast pads
- Nursing Vest
- Dark leggings or yoga pants (worn with a nursing vest will give you the best defence against post natal bleeding, dare we say it)
- Breastfeeding PJ Set or Nighite
- Toiletries including: a travel size shampoo, conditioner, shower gel, deodorant, toothbrush, toothpaste, face wipes, moisturiser, mascara & some basic make-up for photos, flannel & hairbrush
- Towel
- Comfortable going home clothes like our Sophie Breastfeeding Dress

For baby

- Cotton wool balls/pads & small pot for warm water
- Baby towel
- Newborn Nappies
- Nappy bags
- Disposable changing mats
- Baby wipes
- 4 Baby bodysuits
- 4 Sleepsuits
- Muslin cloths
- Baby Cardigan
- Scratch mittens
- Baby socks or booties
- Baby hat
- Baby blanket
- Jacket or snowsuit in winter
- Baby car seat

New Mum Must Haves

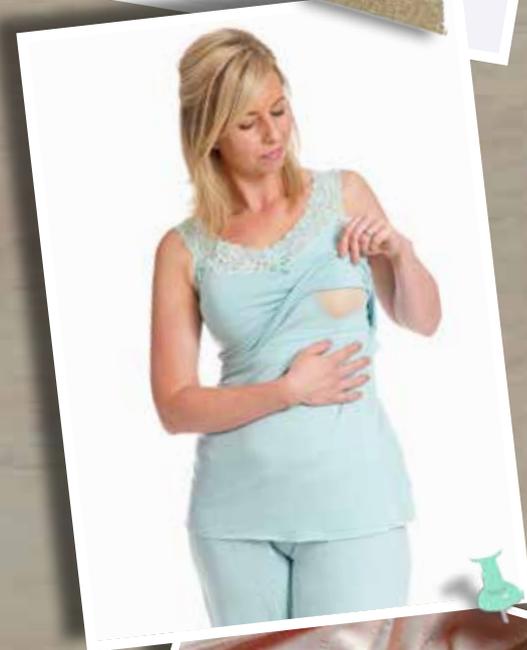


This **Twin Pack of Indie Nursing Vests** will have new mums breastfeeding confidently from the start! With built in shelf bra mums can go without buying a nursing bra until her milk supply has settled and she knows what size she'll need. Super soft & breathable jersey that doesn't lose its shape with pretty lace straps & flattering scoop neck.

£49.60

FREE DELIVERY
Sign Up!
FREE RETURNS

Pyjamas



Mums just love our best seller **Emelia!** Very versatile with its flattering crossover cut, sweetheart neckline and discreet feeding access. Hailed by mums as "genius, flattering design", "the PERFECT staple breastfeeding top for all year round" and "skims (not clings) over my *ahem* 'mum-tum"! 5/5 stars.

£30.00



Nightie / Day Dress

Our **Sophie Nursing Dress** is a staple wardrobe item which new mums will pick time and time again. Soft enough to use as a nightie and stylish enough to wear in the day this flattering dress offers discreet pull aside nursing access.

£30.00

2/3 Piece Maternity Nursing PJ Set
Feed your baby comfortably with our PJ sets which include the Indie Nursing Vest, the gorgeously soft lace trim Giselle Nursing Cardigan and our Elodie low slung Pyjama Bottoms with speckled egg print.
2 piece set £49.60
3 piece set £71.25

