

MUM

- Breast Pads
- Maternity Pads
- Loose Fitting PJs - Ideally with front access if breastfeeding
- Dressing Gown
- Something loose fitting and comfortable to wear during labour
- Big Knickers
- Nursing Bra
- Socks
- Slippers
- Eye Mask
- Ear Plugs
- Phone, Headphones & Charger/
Battery Pack
- TENS Machine (if using)
- Isotonic Drinks
- Lots of varied snacks
- Water Bottle With Straw/
Sports Cap
- Reusable Cup
- Massage Oil (if using)
- Essential Aromatherapy Oils (if using)
- Lip Balm
- Moisturiser
- Hairbrush & Hair Ties
- Toothbrush & Toothpaste
- Sliders/Flip-flops (for the shower)

BABY

- Nappies
- Water Wipes or Cotton Wool
- Changing Mat
- Hand Sanitiser
- Baby Grows - Long Sleeved Sleep Suit & Vest Suits
- Baby Hat & Socks
- A Going Home Outfit
- Blanket
- Muslins

DAD / PARTNER

- Toothbrush & Toothpaste
- Spare T-Shirt
- Spare Underwear
- Sweatshirt/Hoodie
- Phone, Headphones & Charger/
Battery Pack
- Lots of varied snacks
- Water Bottle
- Reusable Cup

NOTES
