

LABOUR & BIRTH BAG

YOUR ENVIRONMENT

- Extra copies of birth plan
- Affirmation cards
- Electric candles
- Essential Oils / Diffuser
- TENS machine
- Your choice of music / playlist
- Hot water bottle / heat bag
- Music player (if needed)

CLOTHING FOR MUMMA

- Crop tops / Maternity Bra
- Big loose tops, pants & PJs
- Swim top
- Thongs that can get wet
- Hair ties / Hair Bands

SELF CARE & ENERGY

- Lip balm
- Energy snacks & drinks
- Lollies for a sugar boost
- Drink bottle

FOR BIRTHING PARTNER

- Swimmers
- Snacks / food
- Phone charger
- Change of clothes

AFTER DELIVERY

- Maternity pads
- Perri Bottle
- Large comfy undies
- Wet bag for soiled/wet items

EXTRA ITEMS

- Coins for vending machine
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MUMMA HOSPITAL STAY BAG

KEEPING COMFORTABLE

- E-Nursing pads
- Maternity pads (2-3 packets)
- Nipple Balm
- Toothbrush / Toothpaste
- Extra snacks / nibbles
- Hairbrush
- Facewash
- Moisturiser
- Shampoo / Conditioner
- Phone Charger

CLOTHING FOR MUMMA

- Large comfortable undies
- Low riding undies (C-Section)
- Nursing friendly tops & PJ's
- Loose clothing
- Maternity bras
- Fluffy warm socks
- Slippers
- Dressing Gown

EXTRA ITEMS

- Coins for vending machine
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BABY BAG

ESSENTIALS

- Newborn nappies
- Wipes (your own choice)
- Blankets

CLOTHING FOR BABY

- 10x onesies (00000 & 0000)
- 5x singlets
- Socks or booties
- Beanies and mittens
- Going home outfit

ANNOUNCEMENT ITEMS

- “I’m here” announcement sign
- Announcement outfit
- Own swaddles / blankets

EXTRA ITEMS

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