

# expecting a baby?

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ANNA'S HOSPITAL BAG  
ESSENTIALS



# My Labour Bag

0 Hospital Bag Essentials List



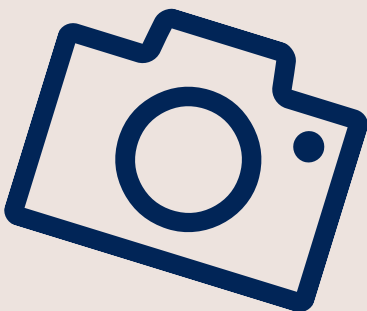
1 Birth Plan

2 Soft Nighty, Cardigan & Hair Ties

3 Drink Bottle & Snacks

4 Music/Diffuser/Oils

5 Camera



# Why do I pack all these things?

As a first-time Mum, it can be daunting having your first baby. What do I even need? A hospital bag essential list can be a great way to get an idea of what you might want to pack, of course, not everything must go in your bag, but it's a great place to start. If you're a second, third or veteran Mum you're probably so busy that you haven't had time to think carefully about your bag, so a checklist can be a great way to throw everything in at the last minute, ticking them off as you go!

Do I really need a birth plan? No, birth will evolve, and the key is thinking about what you might want so you can communicate this to your healthcare team, and your birth partner can use it to advocate for you.

Comfy clothes that allow easy access for the babe to be birthed and for your team to monitor you. My skin was so sensitive, so a soft nighty was great. Hospitals can be cold in hallways, so a cardigan doesn't go a miss! Oh, and nothing could be more annoying in labour than your hair getting in your way! Whether it's a hair tie, claw or headband, just be sure to have something!

It isn't called labour for nothing! Water and snacks of choice are a great way to help you power through! Music, diffusers and oils are also great if you are into them!

Whether it's a birth photographer or just Dad snapping away on the phone, don't forget the camera for those precious moments throughout your birth. Looking back you forget so much and so photos become a precious memento.

**THE WOOLLY BRAND**

# Mum's Bag

- 1 Disposable/Washable Period Underwear
- 2 Dressing Gown
- 3 Comfy PJs that Open Easily at the Front
- 4 Crop Top Cross Over Maternity Bras
- 5 Over the Belly Leggings
- 6 Soft fabric front opening tops
- 7 Cardigan
- 8 Snacks
- 9 Shoes/Slippers to Walk Around in Hospital
- 10 Nipple Compresses, Lanolin, Breast Pads & Breast Specific Ice/Heat Packs
- 11 Vulva Ice Packs
- 12 Leaving Clothes

## Why do I pack all these things?

Why not just use pads? In those early days, Disposable/Washable Underwear are great as there is no leak & no worries. Washables are a great choice for those who don't want so much waste. I particularly like **Modibodi** as the cotton band is lovely & soft, and there are many different styles, especially useful if you've had a c-section and don't want a band on your c-section wound.

Dressing gowns, Front-opening PJs and Tops are essential for skin-on-skin and also ease breastfeeding if it is on your agenda. I found soft crop-top cross-over style maternity bras wonderful in those early days. No fiddling around with clips whilst your hungry baby sings the hungry song!

Did you know that your tummy doesn't immediately go back to your pre-pregnancy shape immediately following birth? For this reason, I loved wearing my over-the-belly leggings for a few weeks following birth. Much like underwear, it can be nice not to have a tight band digging into your tummy, especially if you have had a C-Section.

Who knew you would be so hungry?! I sure didn't. Whether feeding a baby or recovering from birth, it's hungry stuff so ensure you've got some snacks of your choice handy for that 2 am hunger pang!

Breast and nipple care is essential post-birth. Whilst some hospitals will supply some bits and pieces, having a few things ready, even if it's at home can save a lot of pain. Turns out breast-shaped heat/ice-packs are worth every penny! Whether feeding or suppressing, they are 100% worth it.



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# The Baby's Bag

## Why do I pack all these things?

Growsuits are a given, yet ones with zippers are essential for the middle of the night! A cute outfit with studs or buttons is sweet in the daytime and for leaving the hospital (adorable knitted **T|W|B Classic Cable Knit Overalls** ). Tiny babes can get very cold, leading to fussiness, poor feeding and growth issues. Wool singlets, such as those from **Woolerina**, temperature regulating and breathability make them ideal for all seasons. With cold in mind, having a beanie, a couple of cardigans and jumpers such as our **T|W|B Essentials and Classic Cable Knits** are really handy. Even in warm climates and summer months, they are a wonderful way to layer for comfort.

When it comes to little ones, I am all about being prepared. Having nappies and fragrance-free water wipes ready to go can ease that first trip home. (Not all hospitals provide these). Fragrance is a known skin irritant and can confuse your little one who is trying to get to know your scent, no need to confuse them with a wipe fragrance. Zinc cream is useful prevention and treatment of nappy rash. I like the brand **Desistin**. If a dummy is in your plan, **Bibs** dummies are fantastic, different sizes, natural rubber and really cute!

Swaddling is a great way to mimic the nurturing environment of your womb, helping to comfort your baby and reduce the moro reflex. Our **T|W|B Essential Swaddle and Classic Cable Knit** are perfect for bundling your baby, creating a comforting and warm environment. If you're looking for more warmth, our **T|W|B Woolly Fair Isle Blanket** will be ideal for the bassinet, pram and for the years to come.

Whether a little posit or a large vomit for the refluxy babies, vomit cloths are handy to have on hand in the nappy bag! Speaking of, the right Nappy Bag is essential! I found the backpack style helped to be hands free and saves Dads from feeling like they have a handbag.

I used the brand, **The Land** and it was very durable, has lots of handy pockets and survived nearly 4 years of daily use! These days we don't have the need for much, just a small bag but in those early days, it was fantastic!

1 Growsuits

2 Woollen Singlets/Bodysuits

3 Essential Extra Fine Merino Wool Cardigan  
Classic Cable Knit Merino Wool Jumper/Cardigan

4 T|W|B Classic Cable Knit Merino Wool Beanie

5 Newborn Nappies

6 Fragrance Free Water Wipes

7 Dummies

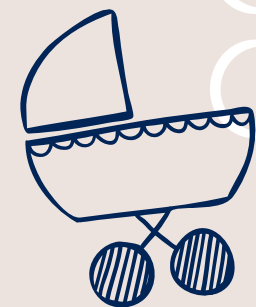
8 Woollen T|W|B Essential Fine Knit Swaddles

9 Woollen T|W|B Blanket

10 Vomit Cloths

11 Zinc Cream

12 Nappy Bag



**THE WOOLLY BRAND**