

For Mama

FOR LABOUR

- Water Bottle
- Hydration (Try Coconut Water)
- Phone & Charger
- Speaker (For music)
- Birth Ball
- Tens Machine
- Dressing Gown
- Healthy Snacks
- Sustainable Bendy Straws
- Lip Balm
- Hair Ties
- Slippers & Flip Flops
- Swimmers (if you'd prefer not to be naked in the shower/bath)
- Your Pillow!
- Haakaa Reusable Silicone Straws

AFTER BIRTH

- Notepad & Pen
- Nursing Bra
- Breastfeeding Friendly Tops
- Large Maternity Pads
- Large, Comfortable Underwear
- Hair Brush
- Book to Read
- Heat Pack (Afterbirth Cramps!)
- Earplugs
- Hygiene Products (Soap, Face Wash, Shampoo & Conditioner)
- Haakaa Silicone Breast Pump
- _____
- _____
- _____
- _____

For Baby

- Swaddles x3
- Burp Cloth x3
- Outfits x3-5
- Singlets x3-5
- Socks
- Breastfeeding Pillow
- Baby Body/Hair Wash (Something natural)
- Car Seat (If driving home)
- Nappies
- Baby Wipes
- Hat/Beanie
- _____
- _____
- _____
- _____

For Partner/Dad

- Button Down Shirt
(For Skin to Skin)
- Snacks
- A Change of Clothes
- Swimmers (If having a water birth or shower labour)
- Phone & Camera

- Love & Patience
- _____
- _____
- _____
- _____
- _____
- _____

Important!

- Insurance Details
- Hospital Pregnancy Card
- Birth Plan
- Hospital Contact Details
- Frozen Colostrum (If Antenatally Expressing)
- House Keys
- Phone/Camera Chargers

OPTIONAL EXTRAS

- Laptop (Watch Movies)
- Essential Oils & Diffuser

OTHER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

@bumpnbub // www.bumpnbub.com // For Haakaa

