

Labour Bag

For baby

- 1 x vest
- 1 x Babygro
- Hat
- Cardigan
- 1 x size 1 nappy
- Large ziploc bag *(to put above items into)*

For mum

- Loose nightie
- Loose/ disposable panties
- Non-slip socks
- Facial spray/ cooling towel
- Snacks *(e.g. jellies, energy bar)*
- Birth plan/preferences
- Hospital notes *(if you keep them)*

Hospital Bag

Items for mum - clothing

- Light dressing gown
- 4 x nighties or pyjamas
- Slippers
- Dark panties *(lots, large!)*
- Maternity bra *(if breastfeeding)*
- Dark towels

Items for baby

- 6/8 x vests
- 6/8 x babygro's
- 1/2 cardigans
- Scratch mitts *(if not built into babygro's)*
- Hat
- Size 1 nappies
- Waterwipes or cotton wool
- Baby sponge *(if bathing baby @ hospital)*
- Soft baby towel *(if bathing baby @ hospital)*
- Baby bibs/ muslin cloths
- Cellular blanket(s)

Items for mum – toiletries etc

- 2 x packs maternity pads
- Nipple cream *(if breastfeeding)*
- Breast pads
- Dry shampoo
- Shampoo
- Conditioner
- Showergel
- Facecloth/ sponge
- Shower cap
- Moisturiser
- Deodorant
- Cleansers/ cleansing wipes
- Toothbrush & toothpaste
- Washbag
- Flip flops *(for shower)*
- Hair clips/ bands
- Hair brush
- Tissues
- Make up & hairdryer
- Arnica/ tea tree oil/ witch hazel

Other items

- Ear plugs & eye mask
- Laundry bag *(or pillowcase/ plastic bag)*
- Notebook & biro
- Folder *(for all the info you get in hospital)*
- Mobile phone charger
- Some money/small change
- Change of top for partner *(if doing skin-to-skin contact)*
- Snacks – e.g. breakfast bars *(if b/f)*

Going Home

- Going-home outfit
- All in one warm baby suit
- Car seat

NOTE: It is recommended to prewash all clothing items for baby in non-bio washing powder.