

Birthing bag checklist



Your baby can be born anytime from 37 weeks, so make sure you're prepared and have your bags ready. Even if you are planning a home birth, you still need to pack a hospital bag in case you need to be transferred. It may be easier to have two separate bags, one for during labour and another for after you've given birth.

It is a good idea to pack with your birthing partner. They will be the ones rummaging, trying to find things for you in labour, so it's good if they know where to look! Try to pack light. If you desperately need anything, your partner or family member can always pop home and grab it for you. There is also a hospital pharmacy and shop for anything forgotten!

FOR LABOUR

- Maternity notes
- Your regular medications (if any)
- Big t-shirts or night dresses to labour in, ones you don't mind getting a bit mucky
- Hoodie or dressing gown in case you're cold
- Flannel
- Lip balm
- Camera
- Chargers for your phone
- Toothbrush and toothpaste
- Wash bag - shampoo, shower gel etc
- Hair ties and brush
- An extra pillow and eye mask
- Speaker for music
- Books, games or a tablet or laptop to watch movies
- Aromatherapy and massage oil
- TENS machine
- Spare clothes and toiletries for your birth partner(s)

AFTER LABOUR

- Car seat
- Front opening night dresses/shirts
- Comfy loose clothing
- Big pants (high waisted)
- Maternity pads
- Breast pads and nipple cream
- Dressing gown and slippers
- Babygrows, vests, thermals and hats (merino is good for winter)
- Nappies and cotton wool/wipes
- Baby blanket
- Baby's going home outfit

If you are planning to formula feed baby, you will also need to bring any milk for them with you as the hospital won't provide that



DRINKS & SNACKS

You will burn the same number of calories in labour as you would running a marathon! Snacks are important to maintain your energy. If you don't have enough energy, then your contractions may fizzle out or labour may stop altogether. It's important to continue eating and drinking in labour to support physiological birth.

- Easy to eat, high energy snacks for labour (fruit, dates, cereal bars, chocolate etc)
- Electrolyte sports energy drinks (not fizzy)
- Anything for your birth partner(s), the hospital doesn't provide food for them