



# LABOUR AND BIRTH PACKING CHECKLIST

It's time to get packing for your baby's arrival!

As well as packing for the hospital, you'll also need to have a few things ready and waiting, such as a car seat to bring your baby home and essentials for the early days.

It's a good idea to have everything ready by 37 weeks, but we recommend starting at around 32 weeks.

## For Labour and birth:

- Maternity notes
- 1-2 nightdresses or big T-shirts
- Socks or slippers
- Hoodie or night gown in case you are cold
- Drinks and snacks
- Books/magazine
- iPad and/or games
- A flannel Spray bottle or handheld fan
- Lip balm
- An extra pillow
- Money
- Phone Camera
- Chargers
- Toothbrush and toothpaste
- Shower gel and shampoo
- Hair brush and hair bobble

## For after birth

- 1-2 front-opening nightdresses
- Dressing gown and slippers
- 5 pairs of comfortable pants
- 1 pack of sanitary or maternity pads
- 2-3 comfortable bras
- Breast pads / Nipple cream
- Loose clothing and shoes to come home in
- Up to 5 babygrows, vests and a hat
- 1 pack of newborn nappies
- Cotton wool
- Baby blanket or shawl
- Coming home outfit for baby
- A car seat

Your birth partner should bring spare clothes and toiletries too. You might like to pack with them so they can find things quickly when you're busy in labour