



bitbaby

What to pack and bring with you for the birth of your baby

During labour and birth

- Your birth plan and maternity notes (if you carry a paper copy).
- Night shirts that button down the front and have sleeves that are either short or easily rolled up, preferably in a lightweight fabric to ensure you don't get too hot.
- Lightweight dressing gown.
- Slippers - ones designed to easily slip on are handy and allow for some stretch if needed.
- Socks - quite stretchy and not going to be too tight around the ankles.
- Lip balm.
- Water spray is great and comes in handy, especially when you're feeling hot. Alternatively a flannel or sponge can help with this too.
- Snacks and drinks to help keep your energy levels up. This is extremely important during labour.
- Wet wipes to help you feel refreshed now and then.
- Hair clips/bobbles and a hairbrush.
- Your mobile phone and charger.
- Pre-plan your music that you may want to have playing.
- Sometimes it's handy to bring your own pillow or two as extra pillows are sometimes not easy to find.
- Using your own birthing ball. Your birthing ball is specifically designed for the use of pregnant women during labour.

For your baby after birth (delivery room)

- A small woollen or cotton hat.
- A vest.
- A simple buttoned front babygrow.
- Your baby's own blanket if you prefer. Ideally a thin woollen or cotton one.
- Newborn sized nappies.

For you after birth

- Maternity pads - the big thick ones are the best and you will need at least two packs.
- Big, comfy knickers.
- Supportive nursing bras - ideally two or three as sometimes one might just not be comfortable.
- Breast pads in case you have any leaks.
- Button up nightshirts (especially if planning to breastfeed).
- Toiletries, wash items (nothing too perfumed if planning to breastfeed) toothbrush, toothpaste, deodorant.
- Some loose, comfy clothing to wear when going home.

Things for baby

- Babygrows and vests. Plenty of easy button up the front are helpful for quick changes.
- Nappies.
- Muslin cloths or bibs.
- Cotton wool or cotton wipes - it's kinder to use warm water and cotton wool on baby's skin during nappy changes.
- A baby blanket or shawl for going home.
- Going home outfit with a hat.
- Car seat that you will have ideally practised putting in and taking out of your car beforehand.

Birthing partner

- Mobile phone and charger.
- Plenty of snacks and drinks.
- Glasses or spare contact lenses if relevant.
- Small pillow - inflatable flight pillows are always easy to pack.
- Any devices such as an ipad and charger.