



Birthing Bag

Checklist

Main Bag

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| ☐ Change of Clothes x 2 | ☐ Toiletries (Toothpaste, Toothbrush, Hairbrush, Makeup, Shower Gel, Shampoo, Flannels, Hand Sanitiser) |
| ☐ Nightclothes x 2 | ☐ Pack of Maternity Pads |
| ☐ Dressing Gown x 2 | ☐ Breast Pads and/or Nipple Balm |
| ☐ Big Pants x 6 pairs | ☐ Gadgets and Chargers |
| ☐ Maternity/nursing bras x 2 | ☐ Face Mask |
| ☐ Socks x 3 pairs | ☐ Hospital Paperwork - if required |
| ☐ Slippers x 1 | |
| ☐ Flip Flops x 1 | |
| ☐ Garment if using the water pool (e.g. crop top) | |

Labour & Birth Bag

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| ☐ Absorbent Maternity Pads or Pants x3 | ☐ Lip Balm |
| ☐ Pants x 2 pairs | ☐ Hairbands and Ties |
| ☐ Comfortable Nightwear x 1 | ☐ Battery Operated Fan |
| ☐ Massage Oil | ☐ |
| ☐ TENs Machine | ☐ |
| ☐ Heat Pack | ☐ |
| ☐ Flannel | ☐ |

Baby Bag

- ☐ Baby Grow x 4
- ☐ Baby Vests x 4
- ☐ Baby Hat x 1
- ☐ Baby Blanket x 1
- ☐ Baby Socks x 3 pairs
- ☐ Nappies x 10
- ☐ Cotton Wool or Water Wipes
- ☐ Muslin x 4

Partners Bag

- ☐ Gadgets and Chargers
- ☐ Money - Change and/or Bank Cards
- ☐ Jumper or Sweatshirt
- ☐ Snacks, Biscuits, Cereal Bars, Chocolate etc.
- ☐ Drinks
- ☐ Sandwiches