

What to pack for labour

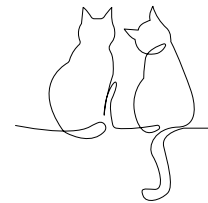
Try to fit everything into a hand luggage sized bag...
the less you bring the less to carry around...

For Mum

- ☐ Something to labour in (comfy nighty / tshirt)
- ☐ 3 x Spare / disposable underwear
- ☐ 1 x Slippers / flip flops
- ☐ 1 x Change of clothes / nightie
- ☐ Light snacks (sweet / salty)
- ☐ 2 x Isotonic drinks (non-fizzy)
- ☐ 1 x Change of clothes for partner
- ☐ Mini toiletries, toothbrush
- ☐ Pack of maternity pads
- ☐ Spare change for the vending machines
- ☐
- ☐

For baby

- ☐ 3 x change of clothes (vest and babygrow)
- ☐ 2 x muslins
- ☐ 1 x blanket
- ☐ 2 x hats
- ☐ 10 Nappies
- ☐ Cotton wool or baby wipes
- ☐ Going home outfit
- ☐
- ☐



You might find it useful to keep together (in a little bag / washbag) within your hospital bag the following ready for birth and immediately after:

- ☐ For baby: hat, vest and babygrow, nappy
- ☐ For mum: spare knickers, maternity pad, mini shower gel

Ready at home

Rather than bring everything to hospital with you, have a few things ready at home in case you have a longer stay in hospital. For example:

- ☐ Spares clothes for you and baby
- ☐ Snacks
- ☐ Extra nappies / maternity pads
- ☐ Car seat ready for partner / friend to bring in once discharged home