



## Bag 1 - Your 'Ready for Birth' Bag

- your birth plan and handheld maternity notes
- nightwear x 2, lightweight dressing gown, cosy socks and slippers / flip-flops
- comfortable cotton underwear (think Bridget Jones pants!) or c-section support briefs
- maternity pads or sanitary towels
- face cloth, hair brush and hair bands/clips
- toiletries (don't forget your toothbrush and toothpaste)
- lip balm
- massage oil
- tissues and wet wipes
- small portable fan
- support pillow if you're using one
- TENS machine if you're using one
- birth ball if you're using one
- your choice of music and music player
- mobile phone and charger
- your pregnancy or keepsake journal/book if you're using one
- healthy snacks and drinks for you
- birth partner rescue pack! (e.g. snacks, drinks, magazine, money)



### Hollie's Tip

Pack your maternity bags early so you're ready to go! Whatever your birth plan, you'll still find it useful to have all your things together - and don't forget to tell your birth partner and family & friends where your bags are too!

## Bag 2 - Your 'Just After Baby's Born' Bag

- newborn baby starter set or sleepsuits
- newborn baby hat, booties/socks and mitts
- newborn nappies
- newborn baby wipes and cotton wool
- muslin squares and baby bibs
- front opening nightdress for breastfeeding if you choose to
- nursing sleep bra
- breast pads and maternity pads
- comfortable cotton underwear or c-section support briefs
- toiletries
- stretch mark cream or oil
- warm baby blanket for baby going home
- going home clothes for you
- a one-size soft cape or wrap for you
- baby car seat
- money for the car park

