

## Birth preparation list

### ESSENTIALS:

- Hospital contact number:
- Medical folder \_\_\_\_\_
- Transportation to the hospital (route sorted / taxi)
- 'My Birthing Preferences' document
- Hospital bag

### YOU CAN DO THIS

You'll need these basic 5 kits in your hospital bag. Packing your bag with your birthing partner is essential as they will be reaching for items when you need them – use the expanded lists overleaf to help with the details. Also, having them grouped like this helps you, your birthing partner and your midwife reach essentials when you need them (large ziplock bags or separate sections in a cabin bag work really well). Space in bays is tight and you'll be moving after birth, so aim for a 'hand luggage' size bag for ease.

- Birth comfort
- Birthing environment
- Post-birth kit
- Birthing partner's comfort
- Baby kit

It's a really helpful to prepare a bag of 'extras' to keep at home in case you stay in for longer than expected. Think of packing things like extra undies, clothes, baby clothes, nappies, long-term medication and a spare pile of snacks. Keeping it by the door or in the car means it'll be easy for your birthing partner to 'grab' if needed.

## Birth comfort

ITEM	COMMENTS	IN?
Drinking	<i>Bottles / straws / Isotonic / squash ...</i>	
Keeping cool	<i>Portable fan, water spray ...</i>	
Footwear	<i>Flipflops for the bathroom, fleecy socks, ...</i>	
Lipbalm	<i>Two or three of your favs ...</i>	
Hair control	<i>Clips, bands, bobbles, brushes ...</i>	
Sleep aids	<i>Eyemask, earplugs ...</i>	
Support	<i>Birthing ball, pillow ...</i>	
Clothing	<i>Giant PJs, nighty, old T-Shirt ...</i>	

## Birthing environment

ITEM	COMMENTS	IN?
Smell	<i>Essential oil / flannel for oils / electric diffuser ...</i>	
Sight	<i>Picture / item / written copy of favourite script ...</i>	
Touch	<i>Massage oil / blanket ...</i>	
Taste	<i>Drink / sweets / chocolate bar ...</i>	
Sound	<i>Ipad / headphones / bluetooth speaker ...</i>	
Entertainment	<i>Ipad / book / kindle ...</i>	
Chargers	<i>Extension cable / charging cables ...</i>	



## Post-birth kit

ITEM	COMMENTS	IN?
First clothing	<i>Clean comfy loungewear (BF access if needed) / PJs / dressing gown ...</i>	
Cleaning	<i>Washkit / water wipes / makeup kit / face wipes ...</i>	
Underwear	<i>Large cotton pants / tena pants / BF bra ...</i>	
Pads	<i>Maternity pads / breast pads ...</i>	
Towel	<i>Large and dark ...</i>	
Clothing (x2)	<i>Forgiving clothing (stretchy / elasticated / loose) / footwear...</i>	
Physical care	<i>Nipple cream / nipple shields / longterm medication / vitamins ...</i>	
Snacks	<i>Wrapped snacks / bars / nuts / drinks ...</i>	

## Birthing partner

ITEM	COMMENTS	IN?
Clothing	<i>Comfy clothing for snoozing and supporting ...</i>	
Footwear	<i>Flip flops / slippers ...</i>	
Snacks	<i>Bars / drinks / packets / gum ...</i>	
Change	<i>Lots of £ coins for vending machines ...</i>	
Habit helpers	<i>Vape / book / phone charger ...</i>	
Tablets	<i>Ibuprofen / paracetamol ...</i>	
Camera	<i>With power and picture storage – you can take this everywhere including theatre</i>	



# Baby kit

ITEM	COMMENTS	IN?
Hats x3		
Blanket		
Vests x3		
Sleepsuits x3		
Cardigan		
Muslins x3		
Leaving outfit		
Nappies	<i>Useful to keep a big pack in the car and top up as needed</i>	
Water wipes	<i>Or water and cotton wool</i>	
Creams	<i>Bepanthen / sudocreme / vaseline ...</i>	
Nappy sacks	<i>For night changes</i>	
Plastic bags	<i>For dirty clothes</i>	
Car seat	<i>Keep it in the car until you are taking baby home</i>	

## Extras ...

ITEM	COMMENTS	IN?

