**What to pack for mom?**

* **Your** [**birth plan**](http://www.bounty.com/pregnancy-and-birth/preparing-for-your-new-arrival/birth-planning/writing-a-birth-plan)**, hospital notes and HypnoBirthing folder (**with visuals etc)
* **Clothes** – An old nightdress for labour, this will likely get messy so don’t buy anything new or special for hospital. Nightwear, including a dressing gown and slippers, and going home clothes which should be loose fitting and comfortable.
* **Nursing bras** – pack two or three comfortable bras
* **Breast pads**
* **Maternity pads and lots of spare knickers**(disposable ones are particularly helpful too!)
* Toiletries **and a towel** – just the basics including toothpaste and toothbrush, deodorant, flannel and shower stuff
* **Make up**
* **Lip balm**
* **Hairbrush and ties/clips for long hair** – this can be especially helpful during labour when you’re likely to get very hot
* **Snacks/cartons of drink** bringing some food and drink for mom and dad.
* **TENS machine –** if you plan to use one for [pain relief](http://www.bounty.com/pregnancy-and-birth/birth/in-labour/pain-relief-in-labour)
* **Clothes ~** going home clothes and clothes for dad.
* **Fan or spray** for mom when in labour
* **Electronics –**a mobile phone, ipad, ipod, stereo
* **Loose change ~** for parking or additional drinks and food.
* **Gift from baby to sibling ~** optional but you may want to get a gift from baby to sibling
* **Music ~** when relaxing or laboring what might you like to listen to
* **Teddy or blanket** to take some nice pics of your newborn
* **Pillows, cushions or birthball** whichever you are comfortable with.

**For Baby**

**Nappies –** A newborn baby will poo a lot! You’ll go through plenty in the first few days

**Cotton wool balls/Baby wipes ~** Cotton wool is usually more suitable for newborn.

**Bodysuits/baby vests**

**Babygrows/sleepsuits or a special outfit to dress baby in.**

**Scratch mittens**

**Socks or booties**

**Hat** ~ not to thick.

**Jacket**

**Baby blanket** – It is advisable to keep baby nice and warm.

**Car seat -** Although strictly this isn’t packed but do make sure it’s in the car!

**For Partner**

Trunks/Shorts/other swimwear for pool

Comfortable footwear/clothing

Spare Change

Snacks

Camera

Phone Charger

Make your list here of what you need to buy or pack for Labour.

If you are planning a homebirth you might want to prepare a bag just in case. Think about the sort of bag/s you might need to hold your belongings.

**TOP TIP: Once you have packed the bags, ask your partner to unpack them and pack them again so they know what is in there.**

