



BIRTH BAG CHECKLIST

- Eye mask
- Headphones/portable speakers
- Affirmation board
- Baby comforter/tiny clothes for oxytocin boost
- Relaxing essential oils/favourite scents used in pregnancy
- Pillow & blanket
- Snacks & drinks
- Energy tablets
- Straw to drink comfortably
- Plastic comb
- TENS Machine
- Battery operated candles & fairy lights
- Portable black out blinds
- Maternity notes & your birth plans (multiple copies)
- Knock before entering – hypnobirthing sign
- Face mist spray
- Electric fan
- Flannel
- Hairclips & bands to keep hair out of face
- Fluffy socks
- Head massager
- Pre downloaded podcasts & films (comedies)
- Comfy clothes for labour
- Bikini if using birth pool (if you want too, some people prefer to birth naked!)
- Swimwear for birth partner
- Spare clothes & underwear
- Light dressing gown
- Slippers or flip flops for walking around birth place
- Toiletries
- Maternity pads
- Lip balm
- Nipple cream
- Breast pads
- Paracetamol
- Baby clothes, hat, blankets, muslins, nappies for baby
- Cotton wool for babies bottom
- Change for parking/vending machines

- LAST MINUTE STUFF TO GRAB:** Phone & charger; Frozen grapes; Coconut water ice cubes

- HOME BIRTH BITS:** Birth pool (if desired); Shower curtain (helps protect furniture); Lots of towels