

WHAT TO PACK IN MY

BIRTHING BAG

A guide to help you decide what to pack in your birthing bag for you, your baby and your birth partner.

Whether you're 25 weeks or 35 weeks pregnant, packing your bag is an exciting but sometimes daunting task. You should aim to have your bag ready at least 2 weeks prior to your due date.

Whether you pack a suitcase, a bag, or even 2 smaller bags, all that matters is that you are happy and ready to meet your baby...but remember, you are potentially packing for an over night stay for 2 people!

When the time comes, keep your maternity notes and important numbers close by: in your handbag, in your phone, or anywhere that's accessible for either yourself or whoever you are with...

These numbers include:

- your chosen hospital/or midwife,
- your birth partner(s)
- your hospital reference number, which should be on your notes already, as this will be asked by the hospital.

Good Luck & Congratulations!



For Labour

MOTHER

After labour

- Birth plan, if you've made one.
- A comfy, loose outfit for labour (cosy nighty/big t-shirt is perfect) (x2)
- Chill-out kit - books, magazines, music or podcasts (more for the early stages...)
- A phone/charger/camera
- Healthy snacks and drinks
- Your own pillow, possibly pregnancy one.
- A TENS machine and batteries (if you want to use one and if your hospital doesn't provide one)
- Any medication you're taking (including nicotine replacements)
- Wash bag and toiletries
- Hypnobirthing aids, if using

- Large maternity pads (x2 packs)
- Comfy/disposable knickers
- Comfortable Bra/Nursing Bra (x2/3)
- Towels (x2)
- Dressing gown
- Slippers/flip-flops
- Comfy outfit/pyjamas (x2)

FEEDING BABY

- Plenty of breast pads
- Front-opening nighties or pyjama tops (x3 - great for skin-to-skin and breastfeeding)
- If intending to formula feed, bring in a 'starter pack'*

BABY

- Babygrows (x4)
- Vests (x4)
- Hat
- Scratch mittens
- Socks
- Plenty of nappies (6-8 for 24h)
- Muslin squares
- Baby wipes/Cotton Wool
- Outfit for going home (incl. Pram Suit/Blanket if cold).
- Car Seat

*A 'starter pack' is a pack of 6 bottles that already contain readymade formula and are sterilised and sealed.

BIRTH PARTNER

- Snacks
- Cash (refreshments/parking)
- A book/something for entertainment
- Comfy clothes
- Toothbrush/toothpaste
- A pillow/small blanket
- Access to reliable transport
- Family/Friends numbers for childcare of other children

Please speak to your midwife for your trusts policies on partners staying over night

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