

# BIRTH BAG CHECKLIST!

## PRACTICAL:

- Pregnancy notes
- Birth plan (multiple copies)
- Phone & charger
- Headphones
- Camera
- Drinks & snacks

## PERSONAL:

- Clothing for giving birth in
- PJs for after
- Big pants & nursing bra
- Going home outfit
- Toiletries
- Slippers
- Maternity pads
- Breast pads
- A towel
- Hair ties and/or make up

## BABY STUFF:

- Sleepsuits
- Vests
- Nappies & wipes / cotton wool
- Muslins
- Car seat
- Cardigan / jacket / snow suit
- Hat
- First outfit

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## COMFORT MEASURES:

- Lip balm
- Pillow and blanket
- Birth ball and/or peanut ball
- Playlists
- Hypnobirthing MP3s
- Photos / videos to boost oxytocin
- Birth affirmations
- LED tea lights / fairy lights
- Comb for accupressure
- Flannel x 2
- Eye mask
- Pocket fan
- TENS machine

