



Birth Bag

checklist

Mum

- ☐ Birth Plan
- ☐ Big water bottle with straw
- ☐ Snacks (*energy boosting ones*)
- ☐ Speaker & Headphones (+charger)
- ☐ Fairy lights/LED Candles (*optional*)
- ☐ Essential Oils (*optional*)
- ☐ Lip Balm
- ☐ Face wipes/mist spray
- ☐ Loose comfy clothing
- ☐ Handheld fan
- ☐ Affirmation cards (*buy or DIY*)
- ☐ Phone + Charger (*extra long lead*)
- ☐ Pregnancy pillow
- ☐ Flip Flops/Sliders
- ☐ PJ's (*easy access if breastfeeding*)
- ☐ Toothbrush & toothpaste
- ☐ Hair bobbles, hairbrush, clip/headband
- ☐ Eye mask
- ☐ Cosy socks
- ☐ Frozen colostrum (*optional*)
- ☐ Deodorant
- ☐ Skincare (*basics*)
- ☐ Birth Ball (*check birth place availability*)



Packing Tips

- Check with your birth place what is already provided
- Use packing cubes to create 'sections' and label clearly
- If you forget something - don't worry! Someone can always bring it for you.

Baby

- ☐ Nappies
- ☐ Wipes
- ☐ 4x Vests
- ☐ 4x Onesies
- ☐ Going home outfit
- ☐ Cellular blanket or swaddle
- ☐ Hat
- ☐ Muslin cloths
- ☐ Dummies (*optional*)



Boobs & Bits

- ☐ Maternity pads/nappies
- ☐ Nursing bras/vests (if breastfeeding)
- ☐ Peri bottle
- ☐ High waisted dark coloured knickers

Birth Partner

- ☐ Phone charger x2 (*Extra long lead*)
- ☐ Toiletries (*toothbrush/deodorant*)
- ☐ Snacks & Water bottle
- ☐ Change of clothes
- ☐ Copy of birth plan
- ☐ Camera (*optional*)

