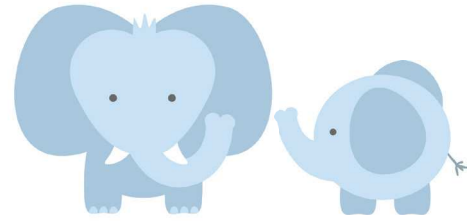




Labour Ward Bag Checklist



You've got enough on your mind right now so we've made a handy checklist to make sure you don't forget anything.

For You:

- Your maternity notes and your birth plan (be prepared to ditch this, as plans can change)
- Dressing gown and slippers
- An old T-shirt or nightdress (to wear during labour)
- Slip on slippers
- Socks (to keep your feet warm)
- Hair bobbles
- Lip Balm (your lips can get very dry in hospital)
- Snacks and drinks
- Books, magazines or an iPad
- Music (Personal CD player or MP3 player)
- Notebook and pen
- Birth Ball
- Tens Machine (for pain relief)
- Ear plugs (maternity wards can be noisy)
- 1 full outfit for baby - nappy, vest, babygro, hat & scratch mitts (Put this in a freezer bag so you can pull it out quickly)

For your partner:

- A change of clothes (they might be there for a while – include something light like a T-shirt in case they get too warm)
- Water spray or small portable fan (to keep you cool during labour)
- Snacks and drinks
- Plenty of change (for the car park & vending machines)
- Mobile phone and phone charger
- Camera