# BIRTH BAG CHECK LIST

- ☐ Your notes
- ☐ Your birth plans
- ☐ Your phone or camera whatever you wanna take pics on
- ☐ Your relaxation MP3s where your birth partner can find them
- ☐ Headphones for staying in your bubble
- ☐ Relaxing or uplifting music on a playlist
- ☐ Affirmations to put around the room
- ☐ TENS machine
- ☐ Some battery operated fairy lights and candles
- ☐ Relaxing scents that you've used to anchor during relaxation
- ☐ Flannel and fan for keeping cool
- ☐ Whatever snacks and drinks you might fancy
- ☐ Things that make you feel at home (could be family photos, blankets etc.)
- ☐ A nice pillow so that you're not stuck with hospital ones
- ☐ Hairclips and bands to keep your hair out of your face
- ☐ A birth ball just in case all the ones there are in use
- ☐ Straw so that you can drink comfortably
- ☐ Something funny to watch or listen to
- ☐ Card games
- ☐ An eye mask to get in a little private bubble
- ☐ Comfy clothes for during and after birth
- ☐ Cosy socks to keep your feet warm if not in a pool
- ☐ Lots of underwear in case they get messy after birth, big comfy ones!
- ☐ Maternity pads
- ☐ Lip balm
- ☐ Nipple cream
- ☐ Breast pads
- ☐ Clothes, phone charger, underwear etc for birth partner in case you're there for a while
- ☐ Toiletries for having a wash after birth
- ☐ Clothes, blankets, muslins and nappies for baby
- ☐ Cotton wool for babies bum some
- ☐ Change in case that's how you have to pay for parking or for vending machines
- ☐ Some nice slippers or flip flops for walking around your birth place

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