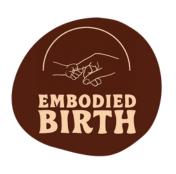
Birth bag essentials



	For you	For you (after birth)
	 Birth plans Hospital notes Phone (photos/music) Headphones Hypnobirthing tracks Music Ear plugs Eye mask 	 Comfy clothes Toothbrush + paste Nice toiletries Maternity pads Big underwear Breast pads Peri bottle Nipple cream
7	AffirmationsSnacks	Nursing braEntertainment
	O Drinks (+ straw) O Birth ball	
	 TENS machine Fairy lights/LED candles Room spray Fan Comfy pillow Photos of loved ones Birth comb Comfy outfit Slippers/flip flops Lip balm Long phone charger Flannel Massage oil Bobbles 	For baby O Nappies O Newborn vests x3 O Newborn sleepsuits x3 O 0-1 vest x1 O 0-1 sleepsuit x1 O Hat O Blanket O Muslin cloths O Nappy cream O Bottles if bottle feeding O Wipes O Car seat (if driving) O
	O Towel O O	For birth partner O Change of clothes O Toothbrush + paste O Toiletries O
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