

Birth bag essentials



For you

- ☐ Birth plans
- ☐ Hospital notes
- ☐ Phone (photos/music)
- ☐ Headphones
- ☐ Hypnobirthing tracks
- ☐ Music
- ☐ Ear plugs
- ☐ Eye mask
- ☐ Affirmations
- ☐ Snacks
- ☐ Drinks (+ straw)
- ☐ 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
- ☐ Towel
- ☐
- ☐
- ☐
- ☐

For you (after birth)

- ☐ Comfy clothes
- ☐ Toothbrush + paste
- ☐ Nice toiletries
- ☐ Maternity pads
- ☐ Big underwear
- ☐ Breast pads
- ☐ Peri bottle
- ☐ Nipple cream
- ☐ Nursing bra
- ☐ Entertainment
- ☐
- ☐

For baby

- ☐ Nappies
- ☐ Newborn vests x3
- ☐ Newborn sleepsuits x3
- ☐ 0-1 vest x1
- ☐ 0-1 sleepsuit x1
- ☐ Hat
- ☐ Blanket
- ☐ Muslin cloths
- ☐ Nappy cream
- ☐ Bottles if bottle feeding
- ☐ Wipes
- ☐ Car seat (if driving)
- ☐

For birth partner

- ☐ Change of clothes
- ☐ Toothbrush + paste
- ☐ Toiletries
- ☐