

BIRTHING BAG CHECKLIST

Your birthing bag should contain everything you'll need whilst in hospital. Even if you're planning a home birth, it's worth having these items assembled or packed in case you need to be transferred to hospital. Print out this handy checklist to ensure you'll have everything you need. You'll find information on everything on the checklist in our downloadable Birthing Bag Guide.

Item

- | | |
|--------------------------------------------|--------------------------|
| Birth plan | <input type="checkbox"/> |
| Medical notes | <input type="checkbox"/> |
| Money and small change | <input type="checkbox"/> |
| Birthing outfit | <input type="checkbox"/> |
| 5 pairs of knickers | <input type="checkbox"/> |
| 3 lots of front opening nightwear | <input type="checkbox"/> |
| Dressing gown | <input type="checkbox"/> |
| Slippers or flip flops | <input type="checkbox"/> |
| Snacks | <input type="checkbox"/> |
| Water or soft drinks | <input type="checkbox"/> |
| Magazine or books | <input type="checkbox"/> |
| iPod or music player | <input type="checkbox"/> |
| TENS machine | <input type="checkbox"/> |
| Birthing ball | <input type="checkbox"/> |
| Arnica tablets | <input type="checkbox"/> |
| Maternity/Maxi pads | <input type="checkbox"/> |
| 2 - 3 baby outfits | <input type="checkbox"/> |
| Cotton hat for baby | <input type="checkbox"/> |
| Camera or camcorder and charger/batteries | <input type="checkbox"/> |
| Mobile phone and charger | <input type="checkbox"/> |
| List of phone numbers or e-mail addresses | <input type="checkbox"/> |
| Wash bag | <input type="checkbox"/> |
| Hand and bath towel | <input type="checkbox"/> |
| Ear plugs | <input type="checkbox"/> |
| Extra pillow or breastfeeding pillow | <input type="checkbox"/> |
| 1 pack breast pads | <input type="checkbox"/> |
| Breastfeeding bra | <input type="checkbox"/> |
| Nipple cream | <input type="checkbox"/> |
| Bottles, formula and sterilising equipment | <input type="checkbox"/> |
| Nappies | <input type="checkbox"/> |
| Cotton wool pads or water wipes | <input type="checkbox"/> |
| Maternity outfit for going home | <input type="checkbox"/> |
| Plastic bags | <input type="checkbox"/> |