

***Considerations for your birth bag***

It is recommended that you have your bag packed and ready by at least 37 weeks of pregnancy. I'd recommend packing this with your birth partner so that they know where everything is. If you are birthing at home use this list as considerations for what you might want to have to hand or in a box if you’d rather not pack a bag. These are simply suggestions, by no means do you need all these things - decide for yourself.

* *Maternity notes Birth plan/preferences- a few copies*
* *Phone/camera & charger*
* *Hypnobirthing MP3s Headphones/speaker*
* *Relaxing music*
* *Affirmations*
* *TENS machine*
* *Battery operated candles/fairy lights*
* *Relaxing scents, e.g. lavender oil/ room spray*
* *Flannel, cooling spray or fan for keeping cool*
* *Snacks and drinks*
* *Itemsthat make you feel at home, e.g. family photos, cushions, blanket Something to tie hair back with*
* *Spare pillows in car*
* *Birth ball if unit doesn’t provide one*
* *Bendy straws*
* *Tennis ball in a sock for massage*
* *Comedy on a laptop/tablet*
* *Eye mask to maintain dark environment*
* *Comfortable clothes/nighty,slippers and dressing gown*
* *Socks Lots of underwear, a couple of sizes bigger than you usually wear Maternity pads*
* *Nipple cream*
* *Breast pads*
* *Change of clothes for birth partner,swimwear perhaps, toiletries*
* *Toiletries for birthing mum*
* *Vests,sleeps suits, hat, muslin squares, blanket for baby*
* *Outfit for going home for mum*
* *Nappies & Cotton wool*
* *Change for vending machine/parking*
* *Lip Balm (gas and air can make your lips dry)*