

Your birth Bag



- Your notes
- Your birth plans
- Your phone or camera to take pictures 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
- Flower remedies or homeopathy remedies
- 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 or a pump
- 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