

What will you need in your and baby birth bag



Knowing what to take with you to the hospital when your big day arrives is always a question that every 'Mum to be' asks. Trying not to take too much but not wanting to take too little, and knowing what you actually do need. Below is a list for both Mum and Baby. Everyone's experiences and needs are different but this is what most women found useful.

Mother's Bag

Pijama's or nighties 3 pairs of – just in case you stay in for more than one night. You may find a Nightdress more useful for birthing in. If you are having a water birth, you may wish to consider taking in a vest top or something similar to wear in the water.

2/3 Bra's Nursing or support. It is recommended you are measured for nursing bras approx 2 weeks prior to your due date

Your own pillow! There is always a shortage of pillow in maternity units, and it is always nice to have your own home comforts too.

Dressing Gown, warm Socks and Slippers Women's feet always get cold in labour!

Disposable Underwear/Tena Pants or cheap underwear that you can throw away!

Sanitary Towels You will need quite a few packs of these.

Breast Pads Even if not intending to Breast Feed, in case your beasts leak.

Nappy Sacks To put your used Sanitary Towels in before putting them in the bin

Comfy clothes If you would like to get dressed during the day

Outfit for home Bear in mind that you probably won't be pre pregnancy size and if you have a caesarean scar – avoid tight waistbands

Snacks (inc Birth Nourishing, easily digested snacks of choice, yoghurts, cereal bars, banana's, nuts, frozen grapes etc don't forget Partner

Drinks Water/Coconut Water

Toilet Bag This could be Make up, Moisturisers, Hair brush and accessories, flannel, soap, toothpaste and brush, deodorant – all the things that you would personally use at home

Charger and Music– Music Docking station/speakers to play music/MP3s

Baby Bag

Nappies Whether you decide to use disposable or cloth – bring the smallest size nappy, and plenty of them.

Cotton Wool For cleaning baby's bottom during a nappy change (Cotton wool and warm water is now recommended for the first 4 weeks instead of wipes)

Sleepsuits 3 or 4

Vests 3 or 4

Blanket or Sheet 100% Cotton, for swaddling or putting over your baby in the hospital crib (sleep with this blanket at around 39 weeks, so it smells like you)

Hat For coming home – especially in winter

Outdoor Suit For coming home – especially in winter. In summer, a cardigan or light jacket may be fine.

Muslin cloths these are great to put over your shoulder when winding baby, but also great to fold into quarter and lay under baby's head in crib, should they have some excess mucus to get up, you won't need to strip the crib, just move the muslin and place another underneath.

Don't forget that someone must bring a baby car seat for when you take baby home