



## Getting ready for the big moment

For you	Got this
Pyjamas or nightdress (front opening)	
Dressing gown	
Slippers	
Warm socks	
Toilet bag and toiletries	
Bath towel	
Nursing bras	
Face wipes	
Lip salve	
Camera / video with spare batteries	
Your birth plan	
An old nightdress or a t-shirt to wear in labour	
Massage oil or lotion if you would like to be massaged during your labour	
Watch with a second hand, to time contractions	
Relaxation materials: books, magazines, games etc	
Pictures of someone or something you love for inspiration	
TENS pain relief machine if you are planning to use one	
Water spray, or a hand-held fan to keep you cool	
Music to listen to – CD's or iPod	
List of family and friends phone numbers	
Disposable / old knickers	
Maternity towels	
Glasses / contact lenses	
Partners swimwear if you are planning a water birth	
Snacks – dried fruit, lollipops, cereal bars, glucose tablets, bottles of water	

	Got this
Comfortable clothes to wear home	
Rescue remedy – may help during labour	
Ear plugs, in case you end up on a noisy ward!	
Arnica tablets to help with bruising after the birth	
Spare change for car park and phone calls	
Mobile phone charger	

### For baby

Cotton wool balls	
Newborn nappies	
Nappy sacks	
Vests	
Sleep suits	
Hat	
Booties or socks	
Cellular blanket	
Muslin squares	
Infant car seat	

### Anything else?
