

# What to pack in your labour bag

You should have packed the bag you will take to hospital by 37 weeks. By this time your baby is term and if born would not be considered premature. The suggested list below will seem like a lot to pack, but we've thought really carefully about what helps women in labour. As you'll be reminded again and again as a mother, it's best to be well prepared.

It's worth taking two bags; one for labour (which is hot, sweaty and messy) and one bag for after it's all over – when you've showered and can get into nice, clean clothes, which make you feel human again.

## Labour Bag one

- Energy tables and (non-fizzy) sports drinks (these are great for quick energy boosts and replacing lost minerals and salts).
- Snacks- you're unlikely to eat great deal but it's important to keep your energy up in labour. Think about taking some snacks for your partner as well – they will need sustenance.
- Bottle of water (ideally with sports top) – it's important to stay hydrated by sipping water throughout
- Cooling water spray and/or flannel
- Maternity pads
- Short nightie (preferably cheap as it might get ruined!)
- Hair ties and clips (as you'll want your hair out of your face)
- Music or hypnobirthing CDs and earphones
- Pillow(s) with coloured pillow case(s) so you know it is yours
- Book/iPad or something to (if you have an epidural)
- Lip balm
- Cheap slippers or flip flops (these are also likely to get ruined?)
- TENS machine
- Homeopathic or natural remedies, such as arnica or Rescue Remedy
- Phone and chargers
- Camera
- Cash for parking

## Labour bag two

**(This list assumes you'll stay one night)**

- Set of clothes for baby (2 short-sleeved vests, 2 baby grows, a cardigan, blanket and a hat)
- Newborn or size 1 nappies and cotton wool
- Dummies
- Car seat – you should make sure you know how to put the baby in it and how to fix it into the car

## For you

- A comfy nightie with a button down top for breastfeeding
- A short dressing gown
- 2 breastfeeding bras
- Breast pads
- Nipple cream
- Disposable pants/incontinence pants
- Feme pad
- Nice shower gel, shampoo, body cream and bubble bath
- Antiseptic wipes
- Earplugs and eye mask
- Arnica (it's best to start taking this the week before you're due and continuing for 10 days afterwards to help your body heal)
- Toothbrush and toothpaste
- Some make-up
- Clothes to go home in (these will probably be pregnancy clothes)