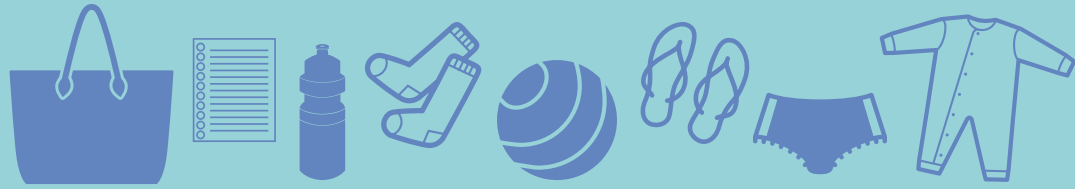


Labour essentials



- Your birth plan** and maternity notes
- Old nightie or T-shirt** to give birth in
- Drinks and snacks** for energy
- Mobile phone and charger**

Check what your hospital provides - or bring your own:

- TENS machine**
- Birth ball**
- Music player and speakers**

Useful extras

- Lip balm** - gas and air can make your lips dry
- Fan or water spray** to cool down
- Massage oil**
- Water bottle or straws** to make drinking easier
- Socks** to keep your feet warm during labour
- Hair band or clips** to keep hair out of your face
- Your own pillow**
- Slippers or flip flops** and a dressing gown
- Toiletries** and a flannel or towel
- Magazines or books** to pass any waiting time
- Ear plugs and eye mask** to help you get some sleep on the ward

For after the birth

- Big, comfortable knickers** or disposable pants
- Maternity sanitary pads**
- Good quality toilet roll**
- Nursing bras, nursing pads, nipple cream** - if you plan to breastfeed
- Nightie or sleep shirt** - front-opening if you plan to breastfeed
- Comfy clothes** for you to go home in
- Plenty of nappies**
- Baby wipes** or cotton wool
- Newborn baby clothes** - including sleepsuits and hats
- Blanket** to wrap your baby in
- Car seat** - you won't be able to leave the hospital in a car without one