

Labour and birth packing checklist

It's time to get packing for your **baby's arrival!**

As well as packing for the hospital, you'll also need to have a few things ready and waiting, such as a car seat to bring your baby home and essentials for the early days. It's a good idea to have everything ready **by 37 weeks**, but we recommend starting at **around 32 weeks**.

*You may prefer to have two separate bags: One **for labour** and one for you and your baby **after you've given birth**.*



For labour:

- Maternity notes
- 1-2 nightdresses or big T-shirts
- Drinks and snacks
- Books, iPad and/or games
- A flannel
- Spray bottle or handheld fan
- Lip balm
- An extra pillow
- Money for car park/taxi
- Phone
- Camera
- Chargers
- Toothbrush and toothpaste
- Shower gel and shampoo

For after labour:

- 1-2 front-opening nightdresses
- Dressing gown and slippers
- 5 pairs of comfortable pants
- 1 pack of sanitary or maternity pads
- 2-3 comfortable bras
- Breast pads
- Nipple cream
- Loose clothing and shoes to come home in
- Up to 5 babygrows, vests and a hat
- 1 pack of newborn nappies
- Cotton wool
- Baby blanket or shawl
- Coming home outfit for baby
- A car seat

Your birth partner should bring **spare clothes** and **toiletries** too. You might like to pack with them so they can find things quickly when you're busy in labour.



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Feedback to: mailbox@tommys.org,
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