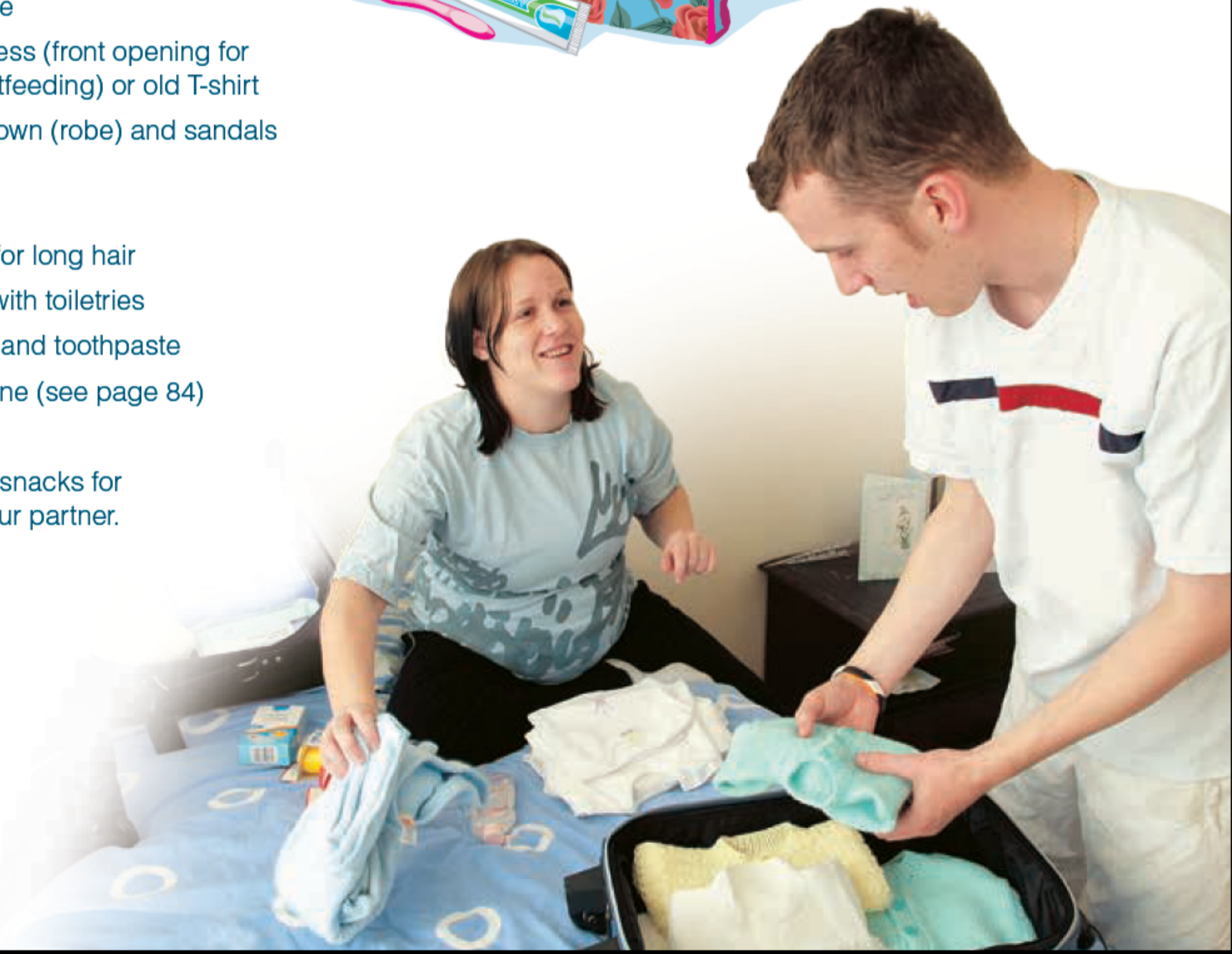


Getting organised: what to pack

As you get closer to your due date there are lots of things to arrange. It makes sense to have a bag packed and ready to go. You'll probably want to pack two bags, one with things you want for the actual labour and one with everything you'll need afterwards – including something for your new baby to wear going home!

Bag one (labour)

- mineral water spray or a plant spray with a fine nozzle – put it in a fridge (if possible) to keep it cool
- two facecloths for cooling your face and skin
- music player
- unscented oil or a light body lotion for massage
- old nightdress (front opening for easy breastfeeding) or old T-shirt
- dressing-gown (robe) and sandals or slippers
- hairbrush
- hairbands for long hair
- wash bag with toiletries
- toothbrush and toothpaste
- mobile phone (see page 84)
- camera
- drinks and snacks for you and your partner.



Bag two (after the birth)

- two nightdresses (front opening for easy breastfeeding)
- easy to wear dayclothes (such as loose-fitting, front-opening clothes) for easy breastfeeding
- underwear, including large, close-fitting pants (to hold maternity pads), and nursing bras – you may find disposable pants useful for the first few days
- towels
- maternity pads or night-time sanitary pads
- breast pads
- tissues
- mobile phone (see page 84)
- unscented toiletries and cosmetics
- nappies for baby
- vests and sleepsuits
- cotton wool balls
- mineral water
- healthy snacks.

