



Pre and postnatal specialist classes

BIRTH BAG CHECKLIST



FOR MUM

Maternity Notes	Spritz for bitz
Birth Plan	Nipple Cream
Tens machine	Clothes to go home
Top for Birth pool	Snacks and Drinks
2 x PJ's/ Nighties	Mobile Phone
Dressing Gown	Phone Charger
Slippers	Hairbands
Nursing Bras	Face Wipes, Make-up
4 x Large Comfy pants	Comb
1 Pack maternity Pads	Toothbrush & Toothpaste
Shower bits	Cosy Socks
Wet Toilet Wipes	Books/Magazines
	Own Pillow
	Glasses

FOR BABY

4 x vests	Bottles/Formula
4 x sleepsuits	Extra Outfit
Hat	Changing Mat
Muslin Cloths	Nappy Bags
Cellular Blanket	
1 pack newborn nappies	
Water wipes/Cotton wool	

EXTRAS

Camera
Change for parking
Phone
1 Pad
Music/Playlist
Car Seat
Snacks / Change of clothes for Birth
Partner