

BIRTH EASY WITH

Georgia

WHAT TO PACK

in your hospital bag



PACK 3 BAGS...
FOR YOU & YOUR LABOUR,
YOUR BABY &
YOUR BIRTH PARTNER



YOUR BIRTH  YOUR WAY

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HOSPITAL BAG CHECKLIST

Main Bag

- | | |
|--|--|
| <input type="checkbox"/> Change of clothes x 2 | <input type="checkbox"/> Toiletries (toothpaste, toothbrush, hairbrush, makeup, shower gel, shampoo, flannels, hand sanitiser) |
| <input type="checkbox"/> Nightclothes x2 | <input type="checkbox"/> Pack of maternity pads |
| <input type="checkbox"/> Dressing gown | <input type="checkbox"/> Breast pads and/or nipple balm |
| <input type="checkbox"/> Big pants/ModiBodi Knickers x6 | <input type="checkbox"/> Gadgets and chargers |
| <input type="checkbox"/> Maternity/nursing bras x 2 | <input type="checkbox"/> |
| <input type="checkbox"/> Slippers x 1 | <input type="checkbox"/> |
| <input type="checkbox"/> Socks x 3 (inc. cheap fluffy socks) | <input type="checkbox"/> |
| <input type="checkbox"/> Flip flops x 1 | |
| <input type="checkbox"/> Bikini/Crop Top if using water | |

Your Labour & Birth

- | | |
|--|---|
| <input type="checkbox"/> Absorbent maternity pads/pants x3 | <input type="checkbox"/> Tens Machine |
| <input type="checkbox"/> Pants x2 | <input type="checkbox"/> Comb to squeeze for pain |
| <input type="checkbox"/> Loose nightwear | <input type="checkbox"/> Eyemask & Pillow from home |
| <input type="checkbox"/> Handheld fan or cooling spray | <input type="checkbox"/> Lip Balm |
| <input type="checkbox"/> Glucose tablets/jelly babies/sweets | <input type="checkbox"/> Hair Ties |
| <input type="checkbox"/> Oral Arnica | <input type="checkbox"/> Bendy straw |
| <input type="checkbox"/> Flannel | <input type="checkbox"/> Aloe Vera Loo Roll (Aldi does one) |
| <input type="checkbox"/> LED candles | <input type="checkbox"/> |
| <input type="checkbox"/> Pillow Mist | <input type="checkbox"/> |

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HOSPITAL BAG CHECKLIST

Baby Bag

- | | |
|---|--|
| <input type="checkbox"/> Baby grows x 4 | <input type="checkbox"/> Socks/booties |
| <input type="checkbox"/> Baby vests x 4 | <input type="checkbox"/> Snowsuit if cold |
| <input type="checkbox"/> Baby hat and mitts x 1 | <input type="checkbox"/> Love to Dream Swaddles (I've never used them but some mothers swear by them). |
| <input type="checkbox"/> Baby blanket x 1 | <input type="checkbox"/> |
| <input type="checkbox"/> Nappies x10 | <input type="checkbox"/> |
| <input type="checkbox"/> Cotton wool or water wipes | <input type="checkbox"/> |
| <input type="checkbox"/> Nappy rash cream/bottom balm | <input type="checkbox"/> |
| <input type="checkbox"/> Muslin cloths x 5 | <input type="checkbox"/> |
| <input type="checkbox"/> Cellular blanket | |

Birth Partner

- | | |
|--|--|
| <input type="checkbox"/> Gadgets and chargers | <input type="checkbox"/> The Birth Plan - x2 laminated |
| <input type="checkbox"/> Pants x2 | <input type="checkbox"/> |
| <input type="checkbox"/> Jumper or sweatshirt | <input type="checkbox"/> |
| <input type="checkbox"/> Money - change/bank cards | <input type="checkbox"/> |
| <input type="checkbox"/> Swimwear (if they want to get in the pool with you - not everyone's cup of tea). | <input type="checkbox"/> |
| <input type="checkbox"/> Food & Drink - plenty of water sandwiches, cereal bars, biscuits, rice crackers etc | <input type="checkbox"/> |

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SOME EXTRA NOTES

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