

Birth Pack: Mommy

Labour progresses quite slowly at first, so although you could probably pack once labour begins, you may be so excited that you forget important items, and some things will need to be bought beforehand.



You will find this super useful during labour:

- A comfortable, loose T-shirt for labour
- Tissues – one's nose often runs in labour
- Relaxing music for labour
- Fruit or a fructose drink for a quick energy boost.
- A facecloth, for a refreshing wipe of the face and neck.
- A comfort item from home
- Stretchy disposable maternity panties and sanitary.
- A water bottle with a straw
- Lipbalm
- Socks to warm cold feet.
- Elastic band for long hair,
- Homeopathic remedy.
- Birthing ball.
- Rehydrate, Jungle Juice
- towels for after birth Nightclothes, slippers, gown. tea tree oil, peri bottle, course salt.

Birth Pack: Baby

- Nappies (new-born) can go through about 12 nappies in a day
- Baby blankets (6) (at least 2 thin, one thick)
- Babygro's (6) (new-born size)
- Baby vest (6)
- Socks and hats
- Wet wipes
- Baby bum cream
- Epimax/ toiletries (soap, shampoo, cream, brush, nail clippers)
- Bath towel (hospital will also provide one)
- Surgical spirits and cotton buds/ball to clean cord (usually in bay bag bought at hospital). Natural way: Wecsin powder, Breastmilk, salt water.
- Nappy disposable bags (to put dirty clothes in)
- Cotton wool to clean eyes
- Going home outfit
- Carseat!!

