

LABOUR BAG

checklist

For Birthing Woman, Partner & Baby

- Birth Preferences, acupressure cheat sheet, affirmations, hypnobirthing resources
- Snacks + water bottle
- LED candles or fairy lights
- Essential oils + diffuser
- Heat pack
- Headphone/earphones + music
- Comfortable birthing clothing (weather dependant) socks, spare underwear, robe, dress, comfortable bra
- Bathers for yourself + partner if using water
- TENS Machine
- Phones, camera, chargers
- Change of clothes for after birth - include maternity bra, maternity pads
- Toiletries - soap, facewash, lipbalm, shampoo, toothbrush, toothpaste
- For birth partner - change of clothes, toiletries, panadol, bathers.
- For baby - first outfit, singlet, socks, beanie, blanket, announcement sign