

# Get ready for the big day

## At the hospital



### For you

- Pyjamas or (front opening) nightdress
- Dressing gown
- Slippers
- Warm socks
- Toilet bag and toiletries
- Bath towel
- Nursing bras
- Face wipes
- Lip salve
- Camera / video with spare batteries
- Your birth plan
- An old nightdress or a t-shirt (to wear in labour)
- Massage oil or lotion (if you would like to be massaged during your labour)
- Watch with a second hand (to time contractions)
- Relaxation materials (books, magazines, games etc.)
- Pictures of someone/something you love (for inspiration)
- TENS pain relief machine (if you are planning to use one)
- Water spray, or a hand-held fan (to keep you cool)
- Music to listen to – CD's or iPod
- List of family and friends phone numbers
- Disposable / old knickers
- Maternity towels
- Glasses / contact lenses
- Partners swimwear (if you are planning a water birth)

- Comfortable clothes to wear home
- Snacks – dried fruit, lollipops, cereal bars, glucose tablets, bottles of water
- Rescue remedy (may help during labour)
- Ear plugs (in case you end up on a noisy ward!)
- Spare change for car park and phone calls
- Mobile phone charger

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### For baby

- Cotton wool balls
- Newborn nappies
- Nappy sacks
- Vests
- Sleep suits
- Hat
- Booties or socks
- Cellular blanket
- Muslin squares
- Infant car seat

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# Get ready for the big day

Back at home



## For you

- Maternity pads – at least 2 packs
- Front opening night shirts (useful for breastfeeding)
- Old / cheap / disposable knickers
- Nursing bra and breast pads
- Frozen meals (so you don't have to think about cooking)
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## For baby

- Lots of bibs
- Muslin squares – at least 2 packs
- Cotton wool pads or balls
- Cot (plus mattress, fitted sheets and cellular blankets)
- Infant car seat
- Pram buggy or travel system
- Six sleepsuits / long sleeved suits
- Six vests / short sleeved suits
- Two cardigans / jackets
- Shawl or snow suit
- Hat, mittens and booties
- Changing mat
- Newborn nappies
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## Things that are handy, but not essential

- A set of six bottles, a steriliser and infant milk formula, (if bottle feeding)
- Moses basket / crib (plus mattress, sheets and blankets)
- Baby bath
- Sling
- Bouncy chair
- Baby monitor
- Changing bag
- Breast pump
- Baby wipes
- Bath thermometer
- Nail scissors
- Baby bath towel with hood
- Room thermometer
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