

# Birth bag essentials



## For you

- Birth plans
- Hospital notes
- Phone (photos/music)
- Headphones
- Hypnobirthing tracks
- Music
- Ear plugs
- Eye mask
- Affirmations
- Snacks
- Drinks (+ straw)
- Birth ball
- TENS machine
- Fairy lights/LED
- candles
- Room spray
- Fan
- Comfy pillow
- Photos of loved ones
- Birth comb
- Comfy outfit
- Slippers/flip flops
- Lip balm
- Long phone charger
- Flannel
- Massage oil
- Bobbles
- Towel
- .....
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## For you (after birth)

- Comfy clothes
- Toothbrush + paste
- Nice toiletries
- Maternity pads
- Big underwear
- Breast pads
- Peri bottle
- Nipple cream
- Nursing bra
- Entertainment
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## For baby

- Nappies
- Newborn vests x3
- Newborn sleepsuits x3
- 0-1 vest x1
- 0-1 sleepsuit x1
- Hat
- Blanket
- Muslin cloths
- Nappy cream
- Bottles if bottle feeding
- Wipes
- Car seat (if driving)
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## For birth partner

- Change of clothes
- Toothbrush + paste
- Toiletries
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