

Badass Birth Essentials

HOMEBIRTH

- Your birth plan
- Nightwear, including a dressing gown and slippers
- Post shower clothes
- Nursing bra
- Breast pads
- Maternity pads and lots of large spare knickers
- Lip balm
- Hairband (easier than bobbles/ties for partner to rearrange)
- Highly nourishing snacks
- Honey sticks
- Energy drinks
- Straw (go green with a bamboo or stainless steel version)
- Birth ball
- TENs machine
- Tea/Coffee & snack box for care team (if you choose to have one)
- Essential oils & diffuser
- Cooling face cloths - store in fridge so they can be swapped over
- Playlist
- Candles
- Transfer Bag (see hospital bag)
- Camera/Phone with charge!

HOSPITAL BIRTH

Your birth plan and hospital notes
Nightwear, including a dressing gown and slippers
Going home clothes these should be loose fitting and comfortable.
Nursing bras
Nightwear for breastfeeding - targetop or nightdress that opens at the front
Breast pads
Maternity pads and lots of large spare knickers
Toiletries and a towel
Lip balm
Hairband (easier than bobbles/ties for partner to rearrange)
Highly nourishing snacks
Honey sticks
Energy drinks
Straw (go green with a bamboo or stainless steel version)
TENS machine
Essential Oils
Playlist
LED Candles
Plastic bag for dirty clothes
Antiseptic wipes - particularly if you're worried about shared toilets

BABY

Nappies
Nappy bags
Muslin squares
Cotton wool balls - For cleaning baby during a nappy change
Vests
Sleepsuits
Scratch mittens
Socks
Hat
Jacket
Blanket

BIRTH PARTNER

Clothes
Food and drink
Comfort measures for mum - massage oils, aromatherapy oils, hot water bottle etc
Reading material (for both of you)
Toiletries
Camera
Chargers for phones and camera
List of phone numbers of who you need to call