

<i>Labour Bag</i>	
MUST HAVE:	Packed
Digital Camera/video – Charged!	
Lip Balm	
Hair Clips, Hair Ties, Head Band	
Cell Phone – with credit and charger	
List of people that need called immediately	
Snacks	
Drink bottle	
Copy of your birth plan	
Plenty of change for the parking meter	
Clean Pyjamas to put on after labour	
NICE TO HAVE:	
An off-the-shelf meal for Dad	
Portable speakers/mp3 player and music	
Warm socks – weirdly feet get cold sometimes	
Money for food	
Labour dress/top/skirt	
<i>Hospital Bag</i>	
MUST HAVE:	
Tooth brush/ toothpaste	
Deodorant	
Hairbrush	
Shampoo/conditioner	
Bodywash/soap	
3 sets of pyjamas that button at the front	
6-10 sets of old/cheap or disposable underwear	
3 maternity bras	
Breast pads	
Maternity pads	
Clothes to go home in	
Go home outfit for baby	
Disposable nappies if you want to use them	
Dressing gown	
NICE TO HAVE	
Bee balm or Vaseline to prevent meconium sticking	
Pillow from home	
Make up for photos	
Razor – just in case you feel like shaving now you can see your legs	
Slippers	
DVD player/Laptop	
Snacks to eat when awake all night breastfeeding	
Pen and paper/notebook	
Magazines	