

What to take with you for labour and birth in birth centres, or hospital

- Things to help you relax (mp3 player, magazines, books)
- Snacks/ drinks for your birth partner
- Phone + charger (or change for the hospital phone)
- Camera
- Two large bras (if you are planning to breastfeed, choose breastfeeding bras)
Whether you breastfeed or not, your breasts will swell up considerably after birth
- 24 super absorbent **sanitary** towels (maternity pads) – you will bleed like having a heavy period afterwards. Don't buy the 'Always' or 'Bodyform' type of pads, as they can irritate your vulva and perineum.
- Several pairs of old knickers (or you can get disposable ones for this messy time)
- Wash-bag
- Towel
- Nightclothes – Dressing gown and slippers
- Clothes for the baby including newborn size nappies, vests and babygros
- Outdoor clothes for the baby to go home in
- Car seat for the baby if you are going home by taxi or car

For Dad/ Birth Partner

- Camera
- A list of people to contact when baby is born
- Something to read/listen to
- Snacks and drinks
- Change for car park
- Money for food from restaurant