

The
good birth
& Beyond

HOSPITAL BAG CHECKLIST

FREE RESOURCE



for labour & birth

GOT IT?	ITEM
<input type="checkbox"/>	<i>The Good Birth & Beyond Resource Book</i> for labour position guides, coping strategy reminders, partner support guides, mindset guides & more
<input type="checkbox"/>	Your birth plan (Birth Mapping guide here)
<input type="checkbox"/>	Medicare and insurance cards, hospital ID number
<input type="checkbox"/>	Phone, charger
<input type="checkbox"/>	TENS machine
<input type="checkbox"/>	Birth comb or wooden acupressure ball
<input type="checkbox"/>	Heat pack
<input type="checkbox"/>	Rebozo
<input type="checkbox"/>	Massage creams or oils
<input type="checkbox"/>	Essential oils
<input type="checkbox"/>	Fairy lights or electric candles to set the mood
<input type="checkbox"/>	Affirmation cards
<input type="checkbox"/>	Birth playlist & portable speaker
<input type="checkbox"/>	Your own pillow from home, bonus if it smells like home
<input type="checkbox"/>	Headphones

for labour & birth

GOT IT?	ITEM
<input type="checkbox"/>	Hair bands (ideally without metal in case of theatre)
<input type="checkbox"/>	Lip balm
<input type="checkbox"/>	Large water bottle, electrolyte drinks
<input type="checkbox"/>	Snacks for your and your support team
<input type="checkbox"/>	Swim wear for you and your partner (if you don't want to be in your birth day suit)
<input type="checkbox"/>	Dirty & wet bag



for your partners bag

GOT IT?	ITEM
<input type="checkbox"/>	Change of clothes for during labour (more if able to stay postpartum)
<input type="checkbox"/>	Toiletries if staying postpartum
<input type="checkbox"/>	Swim wear if supporting in the shower or pool
<input type="checkbox"/>	Water & snacks
<input type="checkbox"/>	Phone/ camera
<input type="checkbox"/>	Paracetamol or other remedies as needed (the hospital can't usually provide these to others)



for after birth

GOT IT?	ITEM
<input type="checkbox"/>	Toiletries, personal items, soaps, deoderant (consider neutral scents for baby), etc
<input type="checkbox"/>	A deeply hydrating moisturiser (birth dries you out!)
<input type="checkbox"/>	3 pairs of large underwear per day stay (unless going disposable, but still pack a couple)
<input type="checkbox"/>	Disposable underwear/ adult nappies
<input type="checkbox"/>	Maternity pads (still use these with the nappies to monitor until blood loss slows)
<input type="checkbox"/>	Witches hazel pads or wipes
<input type="checkbox"/>	Breastfeeding bras
<input type="checkbox"/>	Comfy clothes, pyjamas, leisure wear
<input type="checkbox"/>	Slippers and socks
<input type="checkbox"/>	Peri bottle
<input type="checkbox"/>	Silverettes or Hydrogel discs
<input type="checkbox"/>	Reusable nursing pads
<input type="checkbox"/>	Nipple Balm (but never use any cream on cracked nipples - use the silverettes instead)
<input type="checkbox"/>	<u>Qiara Probiotic</u> (you are often given anitbiotics, so restore your & your babies gut asap)
<input type="checkbox"/>	Pregnancy & Breastfeeding Multivitamin (feel free use up your pregnancy one)
<input type="checkbox"/>	Your other regular medicaions or supplements

for your baby

GOT IT?	ITEM
<input type="checkbox"/>	Onesies (0000 are for the average newborn, 000 if you're expecting a little one)
	Singlets or short sleeve onesies (Think time of year. Check here for TOG guides)
	Beanie, wraps and swaddles
	Nappies (size 0-1 for a term baby)
	Baby wipes
	Expressed colostrum frozen in a cooler bag (collect antenatally with the colostrum kit)
	Baby wearing wrap
	Nappy cream (think something zinc based)

