



mystri
MUMMIMA

BIRTH BAG CHECKLIST

Aim to have your bags packed around 35 weeks and leave this list on top so you can add any last minute extras whenever you need to. It's helpful to pack a bag even if you are planning a home birth.

MUMMIMA

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| <input type="checkbox"/> Maternity notes and Birth Plan | <input type="checkbox"/> Birth ball (if needed) |
| <input type="checkbox"/> Comfy clothes | <input type="checkbox"/> Nipple cream (if plan to breastfeed) |
| <input type="checkbox"/> Phone & charger | <input type="checkbox"/> Maternity pads |
| <input type="checkbox"/> Bikini top/vest if using pool | <input type="checkbox"/> Big black cotton pants (lots) |
| <input type="checkbox"/> Slippers/ flip flops | <input type="checkbox"/> Nursing bras (if plan to breastfeed) |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Front opening nightwear (if plan to breastfeed) |
| <input type="checkbox"/> Snacks (Jelly Babies) | <input type="checkbox"/> Toiletries, towel & hairbrush/ bobbles |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Outfit for going home |
| <input type="checkbox"/> Face cloths (if needed) | <input type="checkbox"/> Blindfold |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Earphones |
| <input type="checkbox"/> Positive Affirmations & UFO Cards | <input type="checkbox"/> Open mind |
| <input type="checkbox"/> Disposable underwear/ nappies | |

DADDA

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| <input type="checkbox"/> Hypnobirthing course notes | <input type="checkbox"/> Shorts if joining mum in the pool |
| <input type="checkbox"/> Relaxation MP3s and music | <input type="checkbox"/> Snacks and drinks for yourself |
| <input type="checkbox"/> Wireless speaker and charger | <input type="checkbox"/> Toiletries & towel |
| <input type="checkbox"/> Phone and charger | <input type="checkbox"/> Change for parking |
| <input type="checkbox"/> LED tealights | <input type="checkbox"/> Shirt (skin to skin) |
| <input type="checkbox"/> Fairy lights | <input type="checkbox"/> Change of clothes |
| <input type="checkbox"/> Room spray / pillow spray | <input type="checkbox"/> Open mind |

BUBBA

- Nappies (approx 10 per day)
- Wipes /Cotton Wool Balls
- Vests x6
- Sleepsuits/ Rompers x6
- Hats x6
- Muslin squares
- Blanket
- Baby car seat

TOP TIP

Pack 2 zip lock bags. Both with a nappy, a vest, babygro and hat. One in size newborn and one in size 0-3 months. When Midwife asks you what you would like to get baby ready in, just pass her the bag!