

WHAT TO PACK IN YOUR HOSPITAL BAG

For Hypnobirthing:

- KG Hypnobirthing Book
- Affirmation cards
- Battery operated tealights/fairy lights
- Room spray/diffuser
- Your own pillow
- Phone with downloaded MP3's
- Phone charger
- Speaker

For Mum:

- Snacks and drinks
- Big knickers
- Maternity pads
- Breast pads/nipple cream
- Change of clothes
- Something to wear in the pool
- Comfy bra
- Toiletries
- Hair bobbles
- Nightie/PJ's
- Dressing gown
- Slippers

For Birth Partner:

- Snacks and drinks
- Change of clothes
- Toiletries

For Baby:

- Nappies
- Cotton wool/wipes
- Vests/Sleepsuits with in-built mittens
- Hat
- Blanket
- Muslin squares

Miscellaneous:

- Flannel
- Bendy straws
- Maternity notes with birth preferences
- Headphones
- Eye mask
- Tennis ball and a sock
- Films/TV shows on your laptop/tablet
- Change for vending machine/car park

