

Getting ready for the big moment

For you	Got this
Maternity pads – a couple of packs	
Front opening night shirts – useful for breastfeeding	
Old / cheap / disposable knickers	
Nursing bra and breast pads	
Frozen meals so you don't have to think about cooking	

For baby	Got this
Lots of bibs	
Muslin squares – at least 2 packs	
Cotton wool pads or balls	
Cot (plus mattress, fitted sheets and cellular blankets)	
Infant car seat	
Pram buggy or travel system	
Six sleepsuits / long sleeved suits	
Six vests / short sleeved suits	
Two cardigans / jackets	
Shawl or snow suit	
Hat, mittens and booties	
Changing mat	
Newborn nappies	

Things that are handy, but not essential	Got this
If bottlefeeding – a set of six bottles, a steriliser and infant milk formula	
Moses basket / crib (plus mattress, sheets and blankets)	
Baby bath	
Sling	
Bouncy chair	
Baby monitor	
Changing bag	
Breast pump	
Baby wipes	
Bath thermometer	
Nail Scissors	
Baby bath towel with hood	
Room thermometer	

Anything else?	Got this

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For you	Got this
Pyjamas or nightdress (front opening)	
Dressing gown	
Slippers	
Warm socks	
Toilet bag and toiletries	
Bath towel	
Nursing bras	
Face wipes	
Lip salve	
Camera / video with spare batteries	
Your birth plan	
An old nightdress or a t-shirt to wear in labour	
Massage oil or lotion if you would like to be massaged during your labour	
Watch with a second hand, to time contractions	
Relaxation materials: books, magazines, games etc	
Pictures of someone or something you love for inspiration	
TENS pain relief machine if you are planning to use one	
Water spray, or a hand-held fan to keep you cool	
Music to listen to – CD's or iPod	
List of family and friends phone numbers	
Disposable / old knickers	
Maternity towels	
Glasses / contact lenses	
Partners swimwear if you are planning a water birth	
Snacks – dried fruit, lollipops, cereal bars, glucose tablets, bottles of water	

	Got this
Comfortable clothes to wear home	
Rescue remedy – may help during labour	
Ear plugs, in case you end up on a noisy ward!	
Arnica tablets to help with bruising after the birth	
Spare change for car park and phone calls	
Mobile phone charger	

For baby

Cotton wool balls	
Newborn nappies	
Nappy sacks	
Vests	
Sleep suits	
Hat	
Booties or socks	
Cellular blanket	
Muslin squares	
Infant car seat	

Anything else?
