

Birth Bag Checklist



A 'birth bag' is for all births, as opposed to a hospital bag.
It is a collection of what you will need wherever you plan to birth.

Birth Mother

- Maternity notes
- Birth preferences
- Toiletries
- Nutritious snacks
- Water bottle with straw, drinks
- Something to read, watch or listen to, or a game to play – you may find distractions helpful in the early stages
- Positive affirmation cards
- Hot water bottle
- Eye mask
- Headphones
- Flannels
- Birth comb
- Essential oils/Room spray/Face spray
- Massage oil
- Battery operated candles
- TENS machine
- Lip balm
- Hair ties
- PJs/Nightie/Bikini/T-shirt
- Change of clothes
- Relaxation audios and music playlist
- Phone and chargers
- Camera and charger
- Hand held fan
- Birthing ball
- Pillows

Birth Partner

- Snacks and drinks
- Personal hygiene products
- Money/change for parking
- Spare clothes
- Phone and charger
- Sleeping items (pillow, blanket)

Postnatal Essentials

- Maternity pads
- Nursing bra
- Breast pads
- Plenty of big cotton pants
- Nipple cream
- Front opening nightie or pyjamas
- Slippers or flip flops
- Dressing gown
- Comfy clothes

Baby Essentials

- Stash of nappies
- Cotton wool pads
- Sleep suits with feet
- Vests
- Hat
- Muslin squares
- Blankets
- Car seat

*Oh and dont forget these five essentials:
Your VOICE, your KNOWLEDGE, your POWER,
BREATHWORK tools and a supportive birth TEAM!*