## Labour essentials

- Your birth plan and maternity notes
- Old nightie or T-shirt to give birth in
- Drinks and snacks for energy
- Mobile phone and charger
- TENS machine
- Birth ball
- Music player and speakers

## Useful extras

- Lip balm - gas and air can make your lips dry
- Fan or water spray to cool down
- Massage oil
- Water bottle or straws to make drinking easier
- Socks to keep your feet warm during labour
- Hair band or clips to keep hair out of your face
- Your own pillow
- Slippers or flip flops and a dressing gown
- Toiletries and a flannel or towel
- Magazines or books to pass any waiting time
- Ear plugs and eye mask to help you get some sleep on the ward

## For after the birth

- Big, comfortable knickers or disposable pants
- Maternity sanitary pads
- Good quality toilet roll
- Nursing bras, nursing pads, nipple cream - if you plan to breastfeed
- Nightie or sleep shirt - front-opening if you plan to breastfeed
- Comfy clothes for you to go home in
- Plenty of nappies
- Baby wipes or cotton wool
- Newborn baby clothes - including sleepsuits and hats
- Blanket to wrap your baby in
- Car seat - you won't be able to leave the hospital in a car without one