

What to take with you to hospital when you give birth

Essentials

- Birth plan
- Medical notes
- Maternity bra
- Comfortable, loose maternity clothing for labour. Take a spare set, in case you need to change through labour
- Snacks, water, drinks for labour
- Cereal bars, snacks, water, small juice cartons to have post-birth for energy
- Toiletries, including lip balm, hair bands and hairbrush
- Towels
- Flannel
- Underwear, either very comfy old ones or disposable paper ones
- 1 pack maternity pads
- Nursing bra
- Breast pads
- Smart-looking, comfortable, loose maternity clothing or nightwear for after birth
- Nightwear or large top - front-opening options will make breastfeeding easier
- Dressing gown
- Slippers
- Plastic bag for dirty clothing
- Antiseptic cleaning wipes, for the shared toilets if you're worried about quality of hospital cleanliness

Nice to have

- MP3/iPod
- Magazines/books
- Extra pillow
- Water spray
- Birth ball, if you plan to use
- TENS machine, if you plan to use
- Aromatherapy oils, if you plan to use
- Make-up, because those baby photos will be kicking around for the rest of your life
- Hot water bottle, for backache
- Sleep bras, if you tend to wear them
- Plastic water jug - post-birth, pouring water on yourself as you pee can make things feel less sore

