

What to Pack for Labour

The ultimate list of what you'll need to pack for the birth

This is a comprehensive list of everything that you could possibly think of - it's a starting point from which you can reduce to a list of what you personally need.

PAPER WORK

- Antenatal information
- Hospital information
- Birth plan
- Community services card
- GP / Specialist / Midwives details
- Private health insurance details (if applicable)

LABOUR BAG

- Lip balm
- Facial spray
- Birth aid spray
- Single use undies
- Belly Beyond Tip: the products above all feature in our Birth Gift Pack
- Wheat pack / hot water bottle
- Massage lotion
- Soothing music
- Extra pillows
- Beanbag
- Warm socks
- Big t-shirt
- Hair ties
- Snacks / muesli bars / barley sugars / mints
- Magazine / puzzle book
- Nursing singlet and comfy pants
- Maternity pads
- Camera / video
- Cell phone and charger
- List of people to call / address book

FOR MUM

- Mother minders bracelet: helps remind when the last fed was and which breast for the next feed
- Nipple Cream
- Breast pads
- Hypercal Gel to promote natural healing after injury and trauma
- Belly Beyond Tip: the products above all feature in our Mum and Baby Gift Pack



Essentials for life's greatest delivery.

- Maternity pads
- Black knickers or single use undies
- Maternity bras
- Pyjamas / nighties
- Belly Beyond tip: dark colours are best and something silky helps you slide on and off the bed easily
- Slippers
- Dressing gown
- Loose comfortable day clothing
- Toiletries, soap, shampoo, toothbrush, toothpaste, hairbrush, make up, deodorant, moisturizer, face cloth, towel, soft toilet paper
- Jandals for the shower
- Ear plugs
- Eye mask
- Breast pump
- Plastic bags for dirty clothes
- Pen and notepad / journal
- Glasses / contacts
- Ipod
- Snacks
- Wallet
- Bag of change for vending machines / parking / phone
- Gift for midwife / support people

FOR BABY

- Barrier Cream
- Baby wipes
- Stretch suits
- Singlets
- Cardigan
- Socks / booties
- Scratch mittens
- Beanie
- Nappies
- Baby Wraps
- Baby bath soap and shampoo
- Blanket
- Car seat
- Belly Beyond tip: install the carseat before you are in labour so you can take your time and follow the instructions. Hospitals won't let you leave without a carseat so this is really important.
- Going home outfit



Essentials for life's greatest delivery.

FOR DAD

It's imperative that Dad should pack a bag to bring too. The last thing you want is Dad nipping off to get food and drink right when you need him most.

- This would be great to pack in our Daddy Matters bag
- Togs & Towel (if you are planning a water birth or laboring in water)
- Drink and a snack
- Magazine / book
- Cell phone and charger
- Change of clothes if you've come straight from work as labor might be long
- Tooth brush and tooth paste