

Active Mama

MOTHERHOOD + LIFESTYLE + WELLBEING

For Mum

For Labour...

- Maternity notes
- Birth plan
- 2 x Night dress or old T-shirt
- Dressing gown
- Socks
- Slippers
- Bikini
- Lip balm
- Snacks
- Drinks
- Hairbands
- Music
- Pictures
- Spray water bottle
- Fan
- Hot water bottle
- Tens machine
- Massage lotions or oils

After Labour...

- Towel and wash cloth
- 10 x Nursing Pads
- Nipple Cream
- 5 x Dark or disposable knickers
- Nursing Bras
- Pack of maternity pads
- Night dress/shirt with button front
- 2 x Comfortable change of clothes
- Toothbrush
- Toothpaste
- Hairbrush
- Face wash
- Body wash
- Shampoo
- Conditioner
- Deodorant
- Toiletries
- Makeup
- Ear plugs
- Chewing gum
- Mobile phone and charger
- Plastic bag for dirty clothing

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For Baby

- Nappies/diapers
- Wet wipes/cotton wool
- 5 x Baby vests
- 5 x Baby bodysuits
- 3 x Hats
- Mittens
- Socks or booties
- Cardigan
- Muslin squares
- Jacket/Coat
- Baby blanket
- Going home outfit
- Baby milk (if you are unable or have chosen not to breast feed)
- Nappy bags (please be careful, as nappy bags are a suffocation hazard)
- Baby bottles
- Car seat (to take your baby home!)

For Daddy

- Change of clothes
- Toothbrush
- Deodorant
- Comfortable shoes
- Swimwear (should dad want to join mum-to-be in the birthing pool)
- Snacks
- Drinks
- Mobile phone, camera, camcorder, chargers
- Gift for baby number one from baby number two

Additional items...

- Gift for midwife (optional)
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