

Item	Quantity	Packed
Comfortable Nightdress		
Dressing Gown		
Slippers and / or warm socks		
Hair ties / Hairband		
Snacks (bring plenty)		
Refillable water bottle		
Small toiletries bag with essentials for freshening up		
Rest and relaxation tools (e.g. small fan, facial spritz, face cloth, eye mask, ear plugs, etc.)		
Power pack / plug and cables		
Headphones		
Book / Kindle / Magazines / Notebook and Pen		
Apps downloaded on to phone (e.g. Contraction Timer, Netflix, etc.)		
Swimsuit and towel (if birthing pool is available)		
(FOR BABY) Ziplock bag containing 1 vest, 1 sleepsuit, 1 hat, 1 blanket and 1-2 diapers		

Item	Quantity	Packed
Towels		
FlipFlops (for shower)		
Comfy Pyjamas (1-2 sets per day)		
Slippers		
Dressing Gown		
Toiletries (whatever will make you feel good)		
More snacks		
Rehydration solution / salts		
Nursing bras (if applicable)		
Nursing pads and nipple cream (if applicable)		
Peri bottle (if applicable)		
Maternity pads		
Disposable or oversized underwear		
Night light for feeding		

Notes