

WHAT TO PACK FOR LABOUR DAY PLANNER

SNACKS & DRINKS

It's important to stay hydrated so pack a water bottle you can refill and a straw. You might want a sugary drink too incase you dont feel like eating and need an energy boost. I also took crackers, grapes and dried fruit and nuts- A great way of keeping your energy up whilst avoiding constipation.



YOUR HOSPITAL BAG

See page 2 for my checklist to help you pack...

DOCUMENTS

Don't forget to take your maternity notes and your birthing plan.

You might want to write your birthing plan on one side of A4 and keep it at the front of your notes so the midwife can find it easily.

BABY'S BAG

It's amazing how many things such a little person needs!

I bought a backpack to use for my bubbas nappy bag and this is what I used to take all his things to hospital in.

Read my checklist on page 3 to help you pack baby's bag...

YOUR BIRTHING PARTNER'S BAG

Make sure your birthing partner takes what he/ she needs. For example snacks, drinks, a spare change of clothes and a pillow.

COVID-19: currently birthing partners are allowed at the labour but aren't allowed to stay on the ward afterwards with you and baby.

CHILD CARE & PETS

If you already have children, make arrangements for who will look after them once you go in to labour.

The same applies to pets :-)

COVID-19 SAFETY

Consider packing extra supplies for you and baby as you are unlikely to be allowed visitors,

You might also want to pack some alcohol gel and wipes.

TRANSPORT

Think about how you will get to the hospital and where you will park. If your birthing partner can't drive, is there someone else that can take you or will you get a taxi? Dont forget the car seat! It's illegal to drive baby home without one..

MY HOSPITAL BAG CHECKLIST

For labour:

- Baggy t-shirt
- Slippers
- Bikini (for water birth)
- Dressing gown
- Knickers
- Flip flops
- Socks
- Vest
- Leggings
- Hot water bottle
- Tens machine
- Water spray or handheld fan

For after:

- Sleep shirt or nighty
- Comfy clothes
- Slippers
- Dressing gown
- Warm socks
- Black Knickers - high waisted in case of CS section
- Nursing Vests
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Toiletries:

- Comb or hairbrush
- Hair band or bobble
- Deodarant
- Shower gel
- Tooth brush and toothpaste
- Contact lenses / glasses
- Cotton wool pads
- Lip balm
- Bath towel
- Face wipes or makeup remover
- Face wash
- Sponge and flannel
- Breast pads and nipple cream
- Large Tena pants (or any disposable ones)
- Large sanitary pads

Extras:

- Headphones
- Phone charger
- Extra pillow
- Laptop or tablet with something downloaded to watch
- Lavender essential oil

MY BABY'S HOSPITAL BAG CHECKLIST

- Small foldable changing mat
- Cotton wool
- Water wipes
- Pack of nappies-size 1
- Barrier cream
- Hand sanitiser
- Towel
- Vests
- Sleep suits
- Hat
- Scratch mits
- Going home outfit
- Cellular blanket
- Car seat

Other bits:

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NOTES

Dr Helen Lawal

Links to useful and reliable information on coronavirus and how it may impact your birthing plans:

[Royal College of Obstetrics and Gynaecology](#)

[Tommy's](#)

[NHS](#)

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**[PREGNANY IN LOCKDOWN:
HOW TO STAY HEALTHY AND POSITIVE](#)**

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