



## Essential Items to Pack for Baby Birth activity sheet

*A new baby is like the beginning of all things – wonder, hope, a dream of possibilities.  
Eda J Le Shan*

Waiting for the birth of a new baby can be an exciting yet overwhelming time. There is a lot of preparation involved with welcoming a new life!

Packing your bag to take to the hospital is one of the tasks expectant mums usually like to tick off their list a few weeks ahead of their due date, but it can be easy to overpack and overthink what to take.

We enlisted the help of midwife and childbirth educator, Sarah Tooke, to help run us through the must-haves for your hospital bag.

### Essential items to pack in your hospital bag:

- **Heat Pack:** These can really help during labour!
- **Water Bottle:** It's important to keep hydrated in labour and when breastfeeding.
- **Snacks:** Keep snacks on hand for both mum and birth partner, labour can take a while!
- **Underwear:** You'll definitely want some comfy, high waisted underwear for post birth – black is best.
- **Maternity pads:** Make sure to bring a few packets just in case.
- **Wet wipes:** Can be used for both bub and mum post birth.
- **Breast pads:** New mums have the choice between reusable and disposable breast pads.
- **Make-up wipes:** Nothing better than feeling refreshed, especially if you're stuck in bed the first day after having a caesarean.
- **Phone charger:** Seems obvious but this is one of the most forgotten items!
- **Notebook:** While you're in hospital the amount of information you receive can be overwhelming, and you might forget everything if you're feeling a bit sleep deprived. A notepad is a great way to help keep track of anything you learn or any questions you might have for the midwives or doctors.



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- **Cotton wraps:** Stretchy and big is best! Babies respond really well to being swaddled during those first few weeks.
- **Baby nail file:** Babies are born with incredibly long nails, and often scratch themselves by accident so remember a baby nail trimmer!
- **Approved car seat or baby capsule:** So not technically something for the baby bag, but worth organising ahead of time. You can never go wrong with spending a decent amount of money on getting a baby car seat professionally fitted into your car to make sure bub be as safe as possible.

While there is lots of running around to do before a baby is born, having an organised hospital bag packed ahead of time can make life a lot easier when the big moment arrives!