



Bay Hypnobirthing

HELPING YOU HAVE AN AMAZING BIRTH

What to take to the birthing unit

Consider actually packing three bags: one for the car ride, one for use during birth, and one for use after birth. This prevents you lugging around things that won't be used until well after the birth.

As well as the items in the OHbaby! list, remember to include:

- Your ID
- Your pregnancy medical history and birth preferences
- Sunglasses (these help give a feeling of protection and make it easier to focus inwards)
- Your HypnoBirthing book and folder
- HypnoBirthing tracks and earphones
- A plastic bag in the car (just in case of nausea)
- A towel to sit on (in the car)
- A pillow or a bean-bag pillow (for comfort in the car)
- A blanket for cosiness
- Massage oils, homeopathic remedies, any other complementary therapy material you wish to use
- Pillows from home (use colored cases to distinguish from the unit's)
- Any clothes of your own that you wish to wear
- Change of clothes for your partner/birth companion (including swimming costume for a water bath if needed)
- Anything else you think you can use (blankets, pictures, etc.)
- A big towel
- Phone number of Le Leche League or other breastfeeding support
- Nappies

This list will not be all inclusive but will cover the major items.



Ohbaby!

♥ hospital bag checklist

Must haves

- Digital camera and extra batteries
- Cell phone, extra credit, and phone charger
- List of people/numbers to call after birth
- Snacks (muesli bars, barley sugars, lollipops, crackers, chocolate for afterward)
- Drinks (sports drinks, bottled water, juice)
- Contact lens supplies/glasses
- Toothbrush and toothpaste
- Button-up pyjamas or other front-opening pyjamas for breastfeeding (at least 3 sets)
- Long dressing gown
- Cheap cotton underwear x 10 pairs
- Breastfeeding bras x 3
- Hairbrush/comb
- Shampoo and conditioner
- Body wash and mesh sponge
- Deodorant
- Face moisturiser and body lotion
- Disposable breast pads and nipple cream
- Clothing to wear home
- Any medications you are currently taking
- A copy of your birth plan

little extras

- CD player and CDs
- Laptop and DVDs
- Sleeping mask and earplugs
- Soft facial tissues
- Massage oil
- Aroma Mother Facial Spray
- Bikini (for labouring in the birthing pool)
- Coffee from home
- Razor in case you feel like shaving
- Champagne for toasting afterward

Nice to haves

- Pillow from home
- Face cloth
- Lip balm
- Hair ties or hair clips
- Headband to hold back fringe
- Rescue Remedy
- Arnica drops
- Pen and paper/small notebook
- Portable mp3 player and music
- Soft toilet paper or disposable toilet wipes
- Book, magazines, or puzzle book
- Flip-flops for in the shower
- Slippers and socks
- Sanitary pads
- Makeup
- Hot water bottle
- Cash

For baby

- Carseat
- Light blankets or muslin wraps x 2
- Disposable baby wipes
- Baby face cloths
- Newborn-sized dummy
- Size 0000 and 000 bodysuits x 2 each
- Size 0000 and 000 pyjamas if colder weather
- Socks x 2 pairs
- Booties
- Cotton hat
- Going-home outfit
- Baby oil (great for cleaning up baby's bottom after meconium nappies)
- Formula, bottles, teats, and sterilising equipment if you plan to bottle-feed

