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The Practical Doula's Guide To:



What items you should think about adding to your bag when you go into labour.

Whether you are planning to birth in hospital or home it is a good idea to pack a “birth bag”.



It can also be a really useful exercise in visualising your birth space and what you may need in it.

Packing a birth bag is a great opportunity to help get your head in the game and get prepared!



Engaging your partner in the process of packing your birth bag is a top tip. When partners start considering the practical aspects of childbirth, it becomes easier for them to envision the birthing process, understand their role in it and easily locate the the things you need during labour making them an even better birth partner!

Birth Bag Checklist

Below is a comprehensive list of items you may want to consider when packing.

Birther's Clothes

- 3 pairs of BIG comfy knickers
- Pyjamas
- Dressing Gown
- Cozy snuggly warm socks
- Pool friendly garments (if you wish)
- 2 Large comfy t-shirts
- Nursing Bra
- Sliders/slip on shoes/flip flops
- Comfy going home clothes
- Disposable underwear

Birther's Toiletries

- Lip balm
- Deodorant
- Tooth brush & tooth paste
- Hair brush
- Hair band/clips
- Shampoo & Conditioner
- Shower gel
- Face wash
- Moisturiser
- Nipple cream
- Towel from home (TRUST ME!)
- "Spritz For Bitz" Perineal Spray

Birther's Other Items

- Eye mask (for blocking the outside world & maintaining privacy)
- Headphones (for staying in your zone with relaxing music)
- Birth Playlist on a device
- Bendy straws so you can drink without moving from your position
- Water bottle
- Nutritious & high energy snacks/energy gel.
- Massage ball
- Charger/Power bank & Cable
- Your maternity notes
- Your birth plans
- TENS machine/birth comb
- Affirmations and favourite photos to decorate your birth space
- Comfortable things that make you feel at home (blankets, your pillow etc)
- Battery operated fairy lights and candles to set the mood
- Your favourite scents/essential oils you use for "anchoring" during relaxation
- Hand held fan/Flannels (for keeping cool or putting your scents on)
- Entertainment - something to watch/game to play to keep that Oxytocin high
- Maternity pads
- Peri Bottle (to help with going for a post birth wee comfortably)
- Colostrum syringes
- Breast Pads

Top tips:

Pack with your partner

You are not going to be wanting to use your thinking brain to direct your partner to what you need so it's a really good idea to pack together so that they know **EXACTLY** where things are located in the bag and don't need to bother you!

Ziplock bags

Organize your bag into separate Ziplock bags: Toiletries, babies stuff, birthers hospital stuff, birthers going home stuff etc. This makes it even easier for you or your partner to locate what you need.

Prioritize the “Environment setters”

If you are having a hospital birth or transferring in it is particularly important to keep the “Environment setters” at the top of your bag to quickly set up your birth space just how you want it so you can feel relaxed and “at home”.

1 Bag rule

Try to get all of your things into 1 bag, even if it's a case with wheels. Your partner is going to be laden with carrying everything plus a car seat in!

Keeping the number of bags to a minimum also increases the chances of finding things quickly.