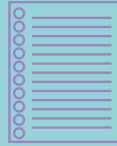


HOME BIRTH CHECKLIST



Labour essentials

- Your birth plan** and maternity notes
- Phone numbers** for your midwifery team
- Comfortable clothes** to give birth in
- Plenty of towels**
- Plastic sheeting** to protect floors/sofa/bed

If you want to use:

- TENS machine**
- Birth ball**
- Massage oil**
- Music player**

You should also pack a hospital bag, just in case you need to be transferred during labour

Useful extras

- Bin bags** for rubbish and laundry
- Snacks and drinks** for you and for your midwives
- A water bottle**
- Camera or smart phone**

For after the birth

- Maternity sanitary pads**
- Big, comfy knickers**
- Nappies and baby clothes**
- Blanket** to wrap your baby in