

<p><u>Important Documents -</u></p> <ul style="list-style-type: none"> ○ Medical Folder ○ Birth Plan ○ ID 	<p><u>Tech & Misc -</u></p> <ul style="list-style-type: none"> ○ Extension Lead ○ Phone Charger ○ Phone Stand ○ Powerbank ○ AirPods ○ Instant Camera ○ Journal ○ Pen ○ Book ○ Games ○ Cash 	<p><u>Snacks -</u></p> <ul style="list-style-type: none"> ○ Water ○ Straw ○ Chewing Gum ○ Mints ○ Sandwich ○ Protein Bars ○ Energy Bars ○ Jellies ○ Fruit 	<p><u>Mama Toiletries -</u></p> <ul style="list-style-type: none"> ○ Deodorant ○ Face Cloth ○ Cleanser ○ Serum ○ Face Cream ○ Face Mask ○ Eye Mask ○ Hair Brush ○ Bobbins ○ Clips ○ Brow Pencil ○ Mascara ○ Lip Balm ○ Shower Gel ○ Dry Shampoo ○ Tissues ○ Toothpaste & Brush
<p><u>Relaxation -</u></p> <ul style="list-style-type: none"> ○ Ear Plugs ○ Sleep Mask ○ Space Masks ○ Pregnancy Pillow ○ Birth Playlist ○ Hot Compress ○ Back Heat Pad ○ Cooling Spray ○ Face Fan ○ Essential Oils 	<p><u>Baby Toiletries -</u></p> <ul style="list-style-type: none"> ○ Bepanthen Cream ○ Weather Cream 	<p><u>Bum Stuff -</u></p> <ul style="list-style-type: none"> ○ Perineal Relief ○ Perineal Spray ○ Disposable Pants ○ Maternity Pads ○ Cooling Pads ○ Arnica Tablets 	<p><u>Homecoming Outfit -</u></p> <ul style="list-style-type: none"> ○ Cardigan ○ Onesie ○ Pramsuit
<p><u>Vests -</u></p> <ul style="list-style-type: none"> ○ 5 x Washed 	<p><u>Babygros -</u></p> <ul style="list-style-type: none"> ○ 5 x Washed 	<p><u>Hats -</u></p> <ul style="list-style-type: none"> ○ 3 x Washed 	<p><u>Socks -</u></p> <ul style="list-style-type: none"> ○ 3 x Washed
<p><u>Mittens -</u></p> <ul style="list-style-type: none"> ○ 1 x Washed ○ 3 x Bibs 	<p><u>Muslins -</u></p> <ul style="list-style-type: none"> ○ 3 x Small ○ 3 x Large ○ 1 x Cellular Blanket 	<p><u>Nappies -</u></p> <ul style="list-style-type: none"> ○ 1 Pack x Size 1 ○ Nappy Bags 	<p><u>Wool & Wipes -</u></p> <ul style="list-style-type: none"> ○ Cotton Pads ○ Water Wipes
<p><u>Bath Bits -</u></p> <ul style="list-style-type: none"> ○ Natural Sponge ○ Hooded Towel ○ Small Towel ○ Crib Sheet 	<p><u>Breastfeeding Bits -</u></p> <ul style="list-style-type: none"> ○ Colostrum ○ Nipple Cream ○ Nipple Balm ○ Silver Cups ○ Relief Compresses ○ (Breast Pads) 	<p><u>(Bottles & Formula -)</u></p> <ul style="list-style-type: none"> ○ 2 x Sterile Bottles ○ 2 x Teats ○ Formula Box 	<p><u>Mama Clothing -</u></p> <ul style="list-style-type: none"> ○ 5 x Big Undies ○ 5 x Fluffy Socks ○ 2 x Labour Nighties ○ 3 x Nursing Bras ○ 3 x Nursing Vests ○ Pjs ○ Dressing Gown ○ Non Slip Slippers ○ Flip Flops ○ Going Home Outfit ○ Dark Towel ○ Laundry Bag

- Car Seat
- Own Labour Ball/Pump