

Items to bring to birth centre

Women

- Snacks/energy sweets
- Bottles of drink preferably isotonic eg lucozade sport
- Paracetamol
- Swimwear/clothing for pool (optional)
- Change of clothes
- Night wear
- Big knickers/old ones
- Large sanitary pads (lots of)
- Nursing pillow
- Neck pillow for use in pool (travel/inflatable one)
- Dressing gown/slippers
- Breast pads
- Maternity notes
- Toiletries

Birth partner

- suitable night wear
- Change of clothes
- Reading material: - magazines/books....
- Snacks and drinks
- Change for the car park in the unlikely event of the birth centre car park being full

For baby

- Nappies
- Cotton wool
- Vests
- Baby grows
- Baby hat
- Something warm to go home in /blanket for going home
- Bottles and ready made formula if bottle feeding
- Car Seat