Labour and birth packing checklist

It's time to get packing for your baby’s arrival!

As well as packing for the hospital, you’ll also need to have a few things ready and waiting, such as a car seat to bring your baby home and essentials for the early days. It’s a good idea to have everything ready by 37 weeks, but we recommend starting at around 32 weeks.

For labour:

- Maternity notes
- 1-2 nightdresses or big T-shirts
- Socks or slippers
- Hoodie or night gown in case you are cold
- Drinks and snacks
- Books, iPad and/or games
- A flannel
- Spray bottle or handheld fan
- Lip balm
- An extra pillow
- Money for car park/taxi
- Phone
- Camera
- Chargers
- Toothbrush and toothpaste
- Shower gel and shampoo
- Hair brush and hair bobble

For after labour:

- 1-2 front-opening nightdresses
- Dressing gown and slippers
- 5 pairs of comfortable pants
- 1 pack of sanitary or maternity pads
- 2-3 comfortable bras
- Breast pads
- Nipple cream
- Loose clothing and shoes to come home in
- Up to 5 babygrows, vests and a hat
- 1 pack of newborn nappies
- Cotton wool
- Baby blanket or shawl
- Coming home outfit for baby
- A car seat

Your birth partner should bring spare clothes and toiletries too. You might like to pack with them so they can find things quickly when you're busy in labour.

Find out more at tommys.org/pregnancyhub

Published: May 2020 | Next review: May 2023