

HOSPITAL BAG

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WHAT SHOULD YOU PACK FOR YOURSELF?

- A comfy, loose outfit that you can move around in and that won't make you too hot. A cosy nighty or a big t-shirt is perfect.
- Chill-out kit including books, magazines, music or podcasts (more for the early stages...).
- A phone and charger – with good storage.
- Healthy snacks and drinks.
- Your own pillow, possibly a giant pregnancy one.
- Any medication you're taking.
- Your wash bag with your toothbrush, toothpaste, hairbrush, soap, hair ties and other toiletries.
- large sanitary or maternity pads
- large comfy knickers (or disposable ones)
- towels
- dressing gown
- slippers or flip-flops
- comfy, maternity-sized outfit to wear home
- cash – you might need it for parking or to grab a magazine or emergency chocolate bar
- iPad or tablet.

And if you're planning to breastfeed, add:

- nursing bras
- breast pads
- front-opening nighties or pyjama tops.

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WHAT SHOULD YOU PACK FOR BABY?

- bodysuits or vests
- sleep suits (including one you want them to go home in)
- a hat
- scratch mittens
- socks or booties
- nappies
- cotton wool balls or pads
- blankets



MOTHER, BIRTH DOULA, COACH

This Newsletter was created for you with love by Caridad Saenz, mother of 6 and birth doula and Coach.

For more information, visit EmpoweredGentleBirth.com



Caridad Saenz is a Gentle and Connected Living Coach.