

# Labour Bag for mom

- Birth plan
- 2 x Loose fitting T-shirts or pajamas
- 2 x Panties
- Change of clothes for when you leave the hospital
- Socks - your feet might get cold
- Hair brush and elastics - to keep hair out of your face
- Mirror
- Toothbrush and toothpaste
- Cleansing products for your face and moisturizers
- Dressing gown & slippers
- Your own favorite pillow - for personal comfort
- Face cloth
- Lip-ice / gloss - to prevent chapped lips
- Towel, toiletries, tissues
- CD of relaxing music and player - create your own environment for your labour and birth
- Maternity and sanitary pads
- Breast pads
- 2 x Nursing bras
- Reading material