THE MUSLIM MOTHERHOOD

Birth Bag Checklist

What to pack for you and your birth partner

A simple, practical checklist to help you get ready — split between what's useful for you and what's useful for the person supporting you. Tick things off as you pack, and adjust it to fit what actually matters to you.

M For mum

PAPERWORK & ESSENTIALS

- [ ] Maternity notes
- [ ] Birth plan — printed, or available in some other way

BIRTH COMFORT

- [ ] TENS machine
- [ ] A playlist ready to go
- [ ] Headphones or a small speaker
- [ ] Hair tie
- [ ] A lip balm
- [ ] Phone
- [ ] A long phone charging cable
- [ ] Spare battery pack
- [ ] Your own pillow, with a distinctive pillowcase so it doesn't get lost
- [ ] Entertainment — book, tablet, or downloaded shows
- [ ] Camera, if you'd like photos
- [ ] Affirmation cards

SNACKS & DRINKS

- [ ] Energy bars or flapjacks
- [ ] Dried fruit or nuts
- [ ] Glucose tablets or jelly sweets
- [ ] Electrolyte tablets or sachets
- [ ] Coconut water
- [ ] Dates, for a natural energy boost
- [ ] Water bottle

TOILETRIES

- [ ] Toothbrush
- [ ] Toothpaste
- [ ] A flannel
- [ ] Shower gel
- [ ] Maternity pads
- [ ] Deodorant
- [ ] A change of underwear

AFTER THE BIRTH

- [ ] A front-opening nightdress or old top, for skin-to-skin
- [ ] Nursing bra, if you're choosing to breastfeed
- [ ] Slippers or non-slip socks
- [ ] Going-home outfit — loose and comfortable
- [ ] Change of clothes
- [ ] Swimwear, if using a birth pool

P For your partner

PRACTICAL

- [ ] Phone charger
- [ ] Spare battery pack
- [ ] Cash or change, for parking and vending machines
- [ ] Camera, if you'd like photos
- [ ] Change of clothes

COMFORT

- [ ] Snacks for yourself
- [ ] Water bottle or a drink for yourself
- [ ] A pillow
- [ ] Entertainment — book, tablet, or downloaded shows
- [ ] Swimwear, if using a birth pool

TOILETRIES

- [ ] Toothbrush
- [ ] Toothpaste
- [ ] Deodorant
- [ ] A change of underwear

B For baby

CLOTHING

- [ ] Going-home outfit, weather appropriate
- [ ] Vests and sleepsuits, a few sizes
- [ ] Hat
- [ ] Scratch mittens

NAPPIES & WIPES

- [ ] Nappies, newborn size
- [ ] Cotton wool or baby wipes
- [ ] Muslin cloths
- [ ] Swaddle or blanket

FEEDING & TRAVEL

- [ ] Baby formula, if using or combination feeding
- [ ] Bottles, if using or combination feeding
- [ ] Car seat, fitted and ready in the car

Pack your bag from around 36 weeks, so it's ready whenever labour starts. If possible, pack it together with your birth partner, so they know where to find things too.

A companion to Your Rights in Maternity Care by The Muslim Motherhood. General information, not medical advice. © The Muslim Motherhood.

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