



## Packing Your Labour Bag

- Your antenatal card or 'blue' book
- Medicare and private health care card
- Birthing plan
- Lip Balm
- Hair bands
- Water bottle
- Phone and charger
- Camera and charger
- Video camera
- Facewash
- Gatorade
- Snack food
- Thongs
- CD or iPod
- Heat pack and ice blocks
- Socks
- Baggy shirts/singlets to give birth in unless you want to wear the hospital gowns
- Breath mints
- Stress balls
- Massage oil
- Spare change for the vending machine

