

# Birth Retreat – List of things to bring & organise

As the time for birth approaches there are a few supplies to gather and things to organise.

## Here are a few practical items to gather before your labour commences:

- Phone numbers for your birth team
- Exercise ball, bean bag, pillows (we supply these, but some women prefer their own)
- Heat pack and/or hot water bottle
- Toiletries (especially tooth brush, tooth paste, deodorant and soap)
- Comfy clothes, large comfy undies, warm socks or slippers (the floor can be cold)
- Change of clothes for you and your partner, clothes can get wet during labour
- Bathers for partner
- Music - CDs/playlist (blue tooth speaker and cd player supplied)
- Aromatherapy – candles ,oil diffuser, oils? (oil burner and tea lights supplied)
- Maternity pads (2 packs)
- Nappies and wipes for baby
- Clothing for baby including a small hat and warm blanket
- Drinks for yourself (e.g. coconut water or rehydrating sports drinks)
- Food for yourself - often small high energy easy to eat foods are preferred (e.g. nuts, lollies, dried fruit, fresh fruit...)
- Drinks and food for your partner and birth team
- Camera (with back up batteries or charger) Discuss with you birth team what photos you would like - we are happy to take photos with your camera/phones
- Phone chargers

## Here are a few things to organise:

- Who is looking after siblings if required during labour and after birth?
- Car seat installed in car – we suggest by 37 weeks
- Current Ambulance subscription

## In the event of hospital transfer in labour or shortly after birth:

- Current Ambulance subscription
- Car seat installed in car
- Toiletries (especially tooth brush, tooth paste, deodorant and soap)
- Clothes, nappies, hat and blankets for baby
- Change of clothes for you and your partner
- Maternity pads and large comfy undies
- Food and drinks
- Camera, batteries, phone chargers etc.
- Birth plan?