must-haves:
- Digital camera and extra batteries
- Cell phone, extra credit, and phone charger
- List of people/numbers to call after birth
- Snacks (muesli bars, barley sugars, lollipops, crackers, chocolate for afterward)
- Drinks (sports drinks, bottled water, juice)
- Contact lens supplies/glasses
- Toothbrush and toothpaste
- Button-up pyjamas or other front-opening pyjamas for breastfeeding (at least 3 sets)
- Long dressing gown
- Cheap cotton underwear x 10 pairs
- Breastfeeding bras x 3
- Hairbrush/comb
- Shampoo and conditioner
- Body wash and mesh sponge
- Deodorant
- Face moisturiser and body lotion
- Disposable breast pads and nipple cream
- Clothing to wear home
- Any medications you are currently taking
- A copy of your birth plan

nice to have:
- Pillow from home
- Face cloth
- Lip balm
- Hair ties or hair clips
- Headband to hold back fringe
- Rescue Remedy
- Arnica drops
- Pen and paper/small notebook
- Portable mp3 player and music
- Soft toilet paper or disposable toilet wipes
- Book, magazines, or puzzle book
- Flip-flops for in the shower
- Slippers and socks
- Sanitary pads
- Makeup
- Hot water bottle
- Cash

for baby:
- Car seat
- Light blankets or muslin wraps x 2
- Disposable baby wipes
- Baby face cloths
- Newborn-sized dummy
- Size 0000 and 000 bodysuits x 2 each
- Size 0000 and 000 pyjamas if colder weather
- Socks x 2 pairs
- Booties
- Cotton hat
- Going-home outfit
- Baby oil (great for cleaning up baby’s bottom after meconium nappies)
- Formula, bottles, teats, and sterilising equipment if you plan to bottle-feed

little extras:
- CD player and CDs
- Laptop and DVDs
- Sleeping mask and earplugs
- Soft facial tissues
- Massage oil
- Aroma Mother Facial Spray
- Bikini (for labouring in the birthing pool)
- Coffee from home
- Razor in case you feel like shaving
- Champagne for toasting afterward