**1 METRE SQUARE OF PLASTIC**

 **1 METRE SQUARE OF OLD LINEN**

 **2 CLOTH NAPPIES**

 **2 NAPPY PINS**

 **6 – 10 SQUARES OF OLD LINEN (15-25CM)**

 **2 X 20-25CM PIECES OF TAPE**

**2 DISPOSABLE GLOVES**

**1 CAKE OF SOAP**

**1 SINGLET**

**BIRTH KIT CHECKLIST**

* **1 METRE SQUARE OF PLASTIC**
* **1 METRE SQUARE OF LINEN**
* **2 CLOTH NAPPIES**
* **2 NAPPY PINS**
* **6 – 10 SQUARES OF LINEN**
* **2 PIECES OF TAPE**
* **2 DISPOSABLE GLOVES**
* **1 SOAP**
* **1 SINGLET**
* **1 LLL TEXT CARD**