



What to bring into hospital

For you:

- Your Maternity Notes
- Underwear- should be comfortable full briefs, no skimpy underwear(!)
- Maternity bras x 2
- Day clothes – select some that are comfortable and loose. If you are planning to breast feed then ensure that they are suitable for this
- Nightwear: PJ's or nighty, dressing gown, slippers
- Clothes for labour (option of your clothes or you can wear a hospital gown)
Regardless, please bring a sarong. This is the most versatile and useful item of clothing to have in labour.

If you are hoping to labour in water, then consider packing a crop top/bra and undies, or a bikini. A one piece swimsuit is not suitable

- All medications you are taking
- Snacks for labour: chocolate, biscuits, crackers, lollies (including some to suck on/not chew ones), lemonade... plus healthy snacks for after the birth (breastfeeding can make you feel starving 24/7, so be aware you will need more than the 3 daily hospital meals)
- Just a few of breast pads
- *Maternity* pads x 1 pack
- Phone/electronic device and charger
- A pen (you will need to document the times that baby feeds)
- Camera and extra batteries/charger
- Shampoo, conditioner, hairbrush and hair ties for longer hair
- Toothbrush and toothpaste
- Deodorant
- Moisturizer, chap stick
- Soap/body wash
- Jandals for the shower

For baby:

- Infant capsule or car seat
- 2 warm hats/bonnets
- 2 x booties or socks
- 2 x singlets
- 2 x long sleeve tops
- 2 x trousers
- 2 x "stretch and grow" outfits
- 1 x pair of mittens
- 1 x thick but small blanket suitable to use in the baby capsule/car seat
- 1 x lighter wrap
- 1 x packet baby wipes

NOTE: Do not bring any nappies... they are supplied
Do not bring in any valuable items