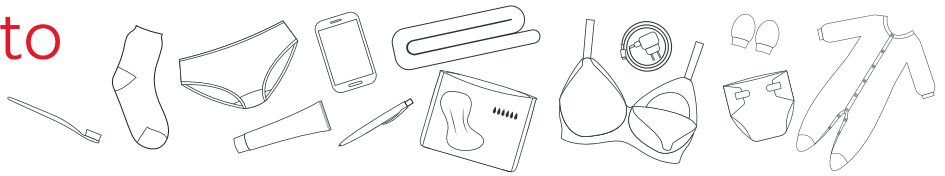


Suggested items to bring to hospital



WHAT TO PACK FOR LABOUR

Separate small bag – bring only this bag to the birth suites.

✓	For mum:
	Comfortable clothing to labour in
	Favourite playlist
	Massage oil
	Toiletries
	Lip balm
	Lollies (for energy)
	TENS machine (if planning on using one)
	Hair ties
	Socks (1 pair – sometimes your feet get cold)
	Camera – fully charged
	Massage ball/roller
	Stress ball
	Change of clothes and maternity pads for after the birth
	Phone charger
X	Heat packs are not permitted to be brought into the hospital. If required, these will be provided for you.
✓	For partner/support person:
	Change of clothes
	Bathers – when assisting in the shower
	Toiletries
	Snacks
✓	For baby:
	First outfit – singlet, grow suit/onesie, nappies

WHAT TO PACK FOR YOUR POSTNATAL STAY

Suitcase on wheels preferred – bring this to your postnatal room after the birth of your baby.

✓	For mum:
	Casual clothes
	Night attire including slippers
	Toiletries including tissues
	Maternity pads – 3 packets
	Maternity bra/maternity crop tops (3)
	Pen
	Underwear – firm fitting, high waisted, cotton/lycra, 2 sizes larger than normally worn or bike shorts
✓	For partner:
	Night attire
	Toiletries
	Change of clothes
	Slippers or comfortable footwear
✓	For baby:
	Grow suits/onesies (6-8)
	Singlets (6)
	Muslin baby wraps (4) (for twins increase the requirement by half)
	Cloth wipes are provided or bring baby wipes
	Disposable newborn nappies (30)

IMPORTANT REMINDER:

Please ensure your baby car restraint is fitted in your car prior to admission and that you're familiar with adjusting the restraint.