



WHAT TO PACK IN YOUR HOSPITAL BAG FOR BIRTH

YOUR LABOUR BAG

- Your hospital forms, Medicare card, Antenatal card, Health insurance details
- Birth Plan – several copies
- Lip Balm – heavy breathing = dry lips
- Hair tie if you have long hair
- Aromatherapy/Massage oils
- Refillable water bottle with spout
- Music of choice/ hypno tracks
- Affirmations to place around the room
- Snacks and drinks
- Heat packs
- Socks

AFTER BABY IS BORN

- Comfortable clothes, loose fitting works best, including going home clothes, PJ's
- Nursing bras
- Cheap underwear, granny knickers or disposable underwear (Depends etc)
- Toiletries
- Breast pads
- Maternity pads
- Ear plugs
- Slippers and light dressing gown

Your own items:

YOUR BIRTH PARTNER

- A change of comfortable clothes
- Swimwear if you want to join your partner in the shower or birth pool
- Camera
- A jacket – birth units get cold for support people
- Snacks and drinks
- Change for vending machines
- Contraction timing app on your phone, learn how to use this prior to labour
- Notepad and pen
- Important phone numbers

FOR YOUR BABY

- Sleepsuits, singlets, socks
(pack several – this depends on how long you plan on staying in hospital)
- Muslin wraps, baby blanket if weather is cooler
- Nappies
- Going home outfit, including hat in cool weather
- Cardigan or jacket
- Ensure baby car seat is correctly installed before leaving hospital
- Siblings gift from baby