

What to pack for hospital?

It is a good idea to pack your hospital bag several weeks before your due date. Please be mindful of the limited storage space on the maternity ward when packing your bags; most women will stay in hospital for one to three nights after birth.

Yourself:

- Birthing top/nightie
- Day clothing and night wear
- Toiletries/ lip balm/ maternity pads
- Comfy bras and underwear
- Maternity sanitary pads – 3 packets
- Slippers/thongs
- Phone charger
- Chewing gum – assist post op for bowel motility (for women having caesareans)
- Snacks
- Your own pillow – if you desire
- Camera/phone (photos only -no videoing of birth)
- If Gestational diabetic/Diabetic – your blood sugar machine and insulin

Support person:

- Clean closed shoes in case transfer to theatre (no thongs/slides allowed)
- Snacks and drinks

Your baby:

- Baby clothes (e.g. singlet's, body suits) for use in hospital
- Bunny rugs (not polar fleece)
- Disposable nappies - 1 pack of 36
- Baby wipes
- If you intend on bottle feeding – 1 can or formula birth-6 months

Recommended:

- Gel heat pack
- Small Bluetooth speaker
- Essential oils